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# **MAJOR MAYOR**

Your essential daily news | weekend, february 5-7, 2016

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# **Calgary welcomes** first baby born to Syrian refugee

Seham Talab with her two-day-old Mohammed. JENNIFER FRIESEN/FOR METRO

### **SOGRATEFUL'**

metroNEWS

### Genderrules to continue as planned

Minister says one school's rejection not a turning point



Aaron Chatha Metro | Calgary

The Minister of Education says a decision by a northern Alberta Catholic school board to not adopt a key point of the gender expression guidelines won't cause a domino effect through the province.

The Grand Prairie School Catholic School Board said this week it won't adopt the second point written in the guidelines to respect an individual's right to self-identify.

LGBTQ advocate Richard Einarson said laws like Bill 10 were created because multiple school boards were challenging or refusing to ensure LGBTQ students

were welcomed, included and safe.

"This is a human rights issue and the provincial government has the right and the duty to create these types of guidelines," said Einarson, spokesman for Safe Schools Alberta.

Karl Germann, superintendent of Grand Prairie Catholic, said they believe the birth certificate is the legal document schools should use to identify gender.

The school board is considering adding a provision to acknowledge the parent's right to be informed if their child says they identify as the opposite sex — a move Einarson said could be very dangerous, as these children could still face discrimination in the home.

Jennifer Woo, supervisor with the Calgary Catholic School District, said previously the guidelines are well aligned with their own best practices.

Minister Eggen concluded that although the deadline to submit a policy draft is March 31, there will be reviews and follow-ups.



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# METENS

Your essential daily news

Julian Assange says he will exit embassy and risk arrest after UN panel's ruling. World

# Long library queues a must for those who love Ziggy Stardust

MUSIC

### Since his death, Bowie has been in high demand amongst fans



**Helen Pike**Metro|Calgary

You won't find David Bowie at the library but you might find him in the music stores.

The books and music on the late artist are in high demand after his passing on Jan. 10 at the library where all CDs, DVDs and books are forming long wait lists with each available copy already out in circulation.

Rebecca Sullivan, a pop culture expert at the University of Calgary, said it's no surprise Bowie material is hard to come by.

"We are mourning the loss of an artist who gave voice to so many meaningful moments in our own personal lives, not o generations of people fighting for their gender and sexual rights," said Sullivan.

"When we realized the voice was gone, it was only

natural that we would try and hold onto it a little longer."

Although it might be hard to find his newest album, local music emporium Record Land has many Bowie materials to rifle through.

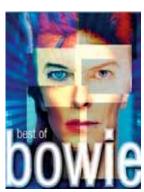
"We did have a bunch of copies but they all sold just as they came in the door, but we have lots of copies of most of his records," said Patrick Witton, who works at the store. "Since he passed away definitely it's been a major influx of Bowie sales, for sure."

On eBay, Bowie's latest album, Blackstar, is selling for much more than the retail value, but local shops have kept the price low.

According to Newsweek, Bowie had anthologies ready to be released in coming years.

He had also been working on another album in the weeks leading up to his death, and even demoed five tracks. It is unclear if they will ever be officially released.

The library put a staff pick list up of Bowie materials available to borrow, but soon-after, all copies were snatched up — giving an indication of his popularity here in Calgary.



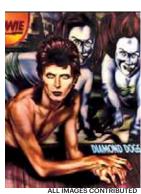
**BEST OF BOWIE** 



LOW



**HEROES** 



**DIAMOND DOGS** 

**72** 

### Number of holds on seven copies

This 2002 release is one of those catch-all albums and it's not hard to see why Bowie fanatics would gravitate towards a compilation disc of the many sides of the rock icon.

39

### Number of holds on four copies

This is a critically acclaimed 1977 album—some say it's the best album from the '70s. It was co-produced by Bowie and Tony Visconti, with contributions from Brian Eno. This was the first album that was termed the "Berlin Trilogy."

**35** 

### Number of holds on six copies

This is the second album in the "Berlin Trilogy" and the only one fully recorded in Berlin. The 1977 album evoked the zeitgeist of the Cold War — and was recorded about 500 yards from the Berlin wall. 33

### Number of holds on six copies

This 1979 album oozes post-apocalyptic glam — Bowie style. Released after the retirement of Ziggy Stardust, this album featured its own lead character Halloween Jack.
Although Ziggy was done, Diamond Dogs echoes his glam-trash



Since he passed away, definitely it's been a major influx of Bowie sales, for sure. Rebecca Sullivan



### **IN BRIEF**

Weekend, February 5-7, 2016

### **Charges laid against** alleged fentanyl dealer

An alleged fentanyl dealer believed to be connected to at least one overdose death has been arrested during an RCMP-Calgary police investigation.

Police received multiple CrimeStoppers tips about a man dealing fentanyl in July 2015. Tipsters also claimed he was responsible for providing fentanyl to a man who died as a result of overdose in May.

Brian Crane, 26, of Okotoks, has been charged with two counts of possession for the purpose of trafficking, and with possession of proceeds of

In January, during a traffic stop, Crane received additional drug-related charges. Rachael Chafe, 19, of Okotoks, was also charged at that time. METRO

### Police bust phone scam after woman loses cash

Calgary police have charged a woman after another woman was swindled out of thousands of dollars in a phone scam.

On Jan. 26, police say, an Edmonton-area woman was contacted by a man over the phone and scammed into believing she'd won \$1 million. The suspect convinced the victim that in order to receive her winnings she needed to transfer nearly \$45,000 to a particular account, which she did over several days.

The bank's managers became suspicious and contacted police. When the suspect came into a Calgary bank to make another withdrawal, District 5 officers made an arrest.

Claudine Ratidzo Mbofana, 19, of Calgary, is charged with theft over \$5,000 and money laundering. METRO



Anyone who drives Crowchild Trail knows about the bottleneck at the bridge over the Bow River. METRO FILE

### Crowchild Trail on improvement radar

### TRAFFIC

### **Council hears** study update when it meets on Monday



**Brodie Thomas** Metro | Calgary

Most of us aren't traffic engineers, but since last February the city has been looking for people's ideas of how to improve Crowchild Trail.

That process has now reached the midpoint. Council receives the latest study update Monday.

Project manager Feisal Lakha said this one is going much better

than a previous study on Crowchild Trail that council ultimately rejected in 2012.

This new process completely flips the old process on its head,

Since early last year, the city has been holding consultations with citizens, especially those living in the communities that border Crowchild. The process was set up in six phases, with the city making presentations and then gathering feedback at each step along the way.

Coun. Shane Keating, chairman of the standing committee on transportation and transit, said the process is going very smoothly when compared with the previous study.

The last one, it seemed like they had concepts put down on

We're actually getting positive and substantial feedback.

Coun. Shane Keating

paper and they said, 'OK, let's go with it," said Keating. "This time we're actually getting positive and substantial feedback from residents on alternatives and making sure the plan is the correct plan for the future."

Lakha said the messages city administration is hearing have been consistent. Traffic congestion is the main issue, but the impact to emergency vehicles is another problem.

He said participants have been making suggestions on how to solve those problems, both in the short term and long term - with ideas such as removing signals, limiting access or building interchanges.

The one (complaint) that we are always familiar with is fix the (Crowchild) bridge," said Lakha. "We've heard that from day one and that goes to congestion and lane continuity."

This spring the city will begin a two-year refurbishment project of the bridge.

"It may be possible that we can add an additional lane to the bridge, which could help us in the short term," said Lakha.

Administration will bring final recommendations to council by the end of 2016.

**OTTAWA CONFERENCE** 

### Nenshi, mayors huddle

Calgary Mayor Naheed Nenshi says it's up to the federal government to make the final call on pipeline approvals — not mayors or provincial premiers.

The ongoing debate over getting Western Canada's oil and gas to ocean ports continues to churn as Canada's big city mayors meet for two days of talks in the national capital.

A group of Montreal-area mayors, fronted by former Liberal cabinet minister Denis Coderre, sparked a minor national unity furor last month when they came out against the proposed Energy East pipeline from Alberta to New Brunswick.

B.C. Premier Christy Clark has also placed a set of conditions on a westward pipeline route to the Pacific through her province, raising questions about whether there are effectively regional vetoes over national energy infrastructure projects.

Nenshi says politicians are free to voice their opinions just as they are on their preference in dinner vegetables or their thoughts on NHL disciplinary suspensions.

But he says ultimately the federal government is responsible for pipeline approvals, based on the best assessment by the National Energy Board.

"Fundamentally this is a federal government responsibility, so those of us at the municipal order of government or provinces can talk about conditions or whatever we want — ultimately, it's not our say," Nenshi said Thursday.

The Calgary mayor said he doesn't much like Brussels sprouts, but that doesn't mean no one else should eat them.

As for his Montreal mayoral counterpart Coderre, "he's welcome to take a position' on Energy East, said Nenshi. THE CANADIAN PRESS





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ALBERTA CHILDREN'S HOSPITAL

### Two scopes out for repair, so infant suffers



Both of the Alberta Children's Hospital's resectoscopes have been sent for servicing, causing one baby boy much distress as he waits for the devices to

In the last week, six-monthold Yusef Mohammed has been battling a blocked urethra.

But before doctors can

to use the device to inspect the situation, according to Saima Jamal, co-founder of the Syrian Refugee Support Group.

"The baby still hasn't had surgery and it's for the stupidest reason," she said. "I was so angry —the doctor told me they need to use a camera to check Yousef before surgery.

"But the camera has been broken for two weeks, appar-

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Alberta Health Services said

Hospital has been rescheduled for next week due to a broken resectoscope.

The device is used for transurethral removal or biopsy of lesions of the bladder, prostate, or urethra.

"We regret any concern this may cause the family of the patient," AHS said. "Unfortunately both resectoscopes are in for servicing."

According to Jamal, doctors inserted a catheter into the baby to ease his pain for the

"The poor thing is so uncomfortable with the catheter and it's just so sad," she said.

AHS said replacement equipment is on its way to the facility. AHS didn't specify what caused the resectoscopes to break, or say how much the repairs would cost.

"As they have both been sent for servicing — specific details on what components require repair are not available.



Yusef Mohammed is pained by a blocked urethra. FACEBOOK

### Community joins forces for ill baby

### Syrian Refugee **Support Group** rallies around six-month-old



Lucie **Edwardson** Metro | Calgary

Salma Jamal

with Syrian refugee baby

Yusef upon is admission to

hospital.

spent 35 hours

The adage, "it takes a village to raise a child," is true for volunteers of the Syrian Refugee Support Group (SRSG).

In the past week, a sixmonth-old Syrian refugee baby named Yusef Mohammed has gained more than a dozen new caregivers as he battles with a blocked urethra, while his own mother is in hospital recovering from a life-threatening Fallopian tube abscess.

The women from SRSG who have been by Yusef's side have dubbed themselves his aunties or "back-up-mom-

Saima Jamal, co-founder of SRSG, spent the first 35 hours with Yusef when he was admitted to the hospital.

She said Yusef was being nursed by another woman, who could tell something

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wasn't right with the baby.

"She said he was crying and crying, he had diarrhea and his tummy was rock-hard,' said Jamal.

After taking Yusef to see his mother, in hopes it would make him feel better, Jamal brought him to the Alberta Children's hospital where he was diagnosed with a blocked urethra.

Since then, Yusef has been showered with love and affection from SRSG volunteers who have taken turns being by he and his father's side, every minute of the baby's hospital

"It's the mom in us all," said volunteer Lizette Tejada. "As soon as I heard what was going on I knew I had to come."

Volunteer Sheema Akbar said every person who has come to see the baby is just doing what's right.

"We're all neighbours," she said. "This cause comes from inside, as humans we should be doing this."

Volunteers spend a few hours, even over night, by Yusef's side, and since being admitted to hospital Jamal said Yusef has improved drastically. The infant is now playing and smiling while he waits for surgery.







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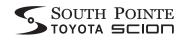
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### Calgary's unsolved killings



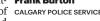
The Calgary Police Service homicide unit is keeping busy with 13 unsolved cases from 2015. In the final instalment of our series, Metro is revisiting four unsolved murders in an effort to assist police with their investigations. To see the rest of the series visit www.metronews.ca/calgary

### **Frank Burton**

Calgary Police continue to search for answers in the death of Frank Burton.

Burton, 56, was attacked outside his home Sept. 30 and later died from his injuries.

The crime occurred around 9 a.m. at the side entrance of a pink and white house locat- Frank Burton ed in the 4200 block of calgary police service Centre Street N, and



was witnessed by a woman and her child walking by during their morning commute.

Burton had a history of mental illness that, in the past, had caused him to have confrontations with people. Police believe it's possible his illness contributed to his attack.

Police said the attack would have been visible from the street, which was likely quite busy because of the morning rush hour.

CPS is still looking for a suspect seen by a

He is described as a darker-skinned man with a stocky build who is approximately five-foot-10. At the time of the attack, he was wearing a grey

### **Joel Gary Geddes**

The victim of Calgary's 23rd homicide of 2015 was identified as convicted killer, Joel Gary Geddes, 31.

Geddes was found dead on the 500 block of Evermeadow Road SW, after police responded to reports of gunshots fired around 11:15 p.m. on Oct. 7, 2015. CPS said they believe Geddes, a two-year resident of Calgary, was targeted in the attack. Police are looking for at least one suspect who was on foot when they shot Geddes. In 2003, Geddes was convicted of manslaughter after the baseball-bat beating 18-year-old Morgan Trudeau t outside of a bar in Winnipeg.

Originally charged with second-degree mur-

der, Geddes took a plea bargain and served 19 months for the crime.

In the years that followed, Geddes faced numerous troubles with the law including kidnapping, aggravated assault and weapons charges.

Anyone with information on Geddes' whereabouts in the hours leading up to his murder are asked to contact police.



**Joel Gary Geddes** CALGARY POLICE SERVICE



Dark Ford Escape SUV CALGARY POLICE SERVICE

### **Hussein Merhi**

Calgary police are still looking for any information that could help with their investigation into a brazen daytime shooting in Monterey Park in December 2015.

The Chief Medical Examiner's office identified Hussein Merhi, 26, as the victim. He died after being shot in a northeast alley.

At approximately 2:30 p.m. Dec. 13, 2015, police responded to reports of shots fired in the 100 block of Del Ray Road NE. When they arrived, they found Merhi in medical distress, and he died at the scene. Investigators believe Merhi met up with "at least one person in the alley," and got into an altercation where he was shot and killed.

Police say they're investigating what led Merhi to the alley. CPS says there's no indication Merhi's murder is related to drugs. Police are looking for a dark Ford Escape SUV that was seen fleeing the area after the shooting.

### **Colin Earnest Munroe**

The body of a man found in a northwest Calgary alley last November was identified as a former gang member, Colin Earnest Munroe.

Police were called to the 400 block of Hendon Drive NW on Nov. 15, 2015, after reports of a body located in the alley in the community of Highwood.

Autopsy results identified the victim as Munroe, 37, of Calgary, and indicated he was shot to death.

Police say Munroe had previous ties to organized crime in Calgary, but they don't believe his death is connected to any of the recent gang unrest in the city. CPS is, however, looking into whether or not drugs played a role.



**Colin Earnest Munroe** CALGARY POLICE SERVICE

Munroe was Calgary's 30th homicide victim of 2015. The attack is not thought to be ran-

Police ask anyone with information into any of these murders to call them on the non-emergency line at 403-266-1234 or the Homicide Unit Tip Line at 403-428-8877.





Prime Minister Justin Trudeau and Premier Rachel Notley chat prior to a roundtable meeting with oil and gas producers in Calgary on Thursday. THE CANADIAN PRESS

### Trudeau hasn't changed position

### **Major players** look for signs PM is serious about pipelines

Prime Minister Justin Trudeau offered a sympathetic ear to major players in Canada's oilpatch Thursday, but didn't provide any assurances on the fate of the pipelines Alberta so desperately wants to move its product to the coasts.

Trudeau, federal Natural Resources Minister Jim Carr and Alberta Premier Rachel Notley took part in one-hour roundtables with oil and natural gas producers and their suppliers.

The province's oil sector is looking for signals that Trudeau is serious about seeing pipelines built that will move its commodity to where it can be shipped to foreign markets.

The Energy East project is seen as a key plank, but the controversial pipeline has drawn the ire of many along its route through Central Canada to the Atlantic coast.

The prime minister was asked after the meeting if he told the industry that the

federal government would approve Energy East if approved by the National Energy Board.

Trudeau repeated shortcut the NEB his criticism of the previous Conservative government and its politiciza-

tion of pipelines. He said he would not do the same.

"I'm not going to prejudge or shortcut the NEB process as it goes forward," Trudeau said.
"It's important that we have confidence in our regulators. It's important they do their job and we're going to allow them to do their job without political interference."

The president and CEO of Suncor Energy, Steve Williams,

said the meeting with Trudeau was encouraging, but there were no guarantees about pipeline approvals.

"I tĥink assurances is too strong a word. I think what we agreed was that we under-

I'm not going

to prejudge or

process.

Justin Trudeau

stood the need for them and we're all going to go away and work towards that end," Williams said.

And Mark Salkeld, the president of Petroleum Ser-

vices Association of Canada, also found a reason for optimism after the meeting. He said industry players asked Trudeau to "be our champion" because energy is Canada's economic engine.

"We weren't looking for handouts. We weren't looking for incentives to get us through to the next stage. We're looking for things that will put our employees back to work," said Salkeld. THE CANADIAN PRESS

### Man charged in one of city's largest stolen goods seizures

Everything from sporting goods to snow blowers have been recovered after a southeast Calgary sting that resulted in a man's arrest.

A District 6 investigation has led to the recovery of more than \$1.5 million worth of stolen property from a number of storage facilities and a residence in southeast Calgary.

Property includes sporting goods, apparel, beauty products, optical supplies, home



Much of what was recovered was still in the original packaging. COURTESY CPS

and industrial appliances, artwork, a used vehicle, new and used tires, snow blowers and a log splitter.

Eight search warrants were executed on Jan. 26 at loca-

Police are trying to return the recovered items to the property owners.

As a result of the investigation, Cody William Scott, 28, of Calgary, has been charged with several counts of possession of stolen property over \$5,000.

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**Zac Wierzbicki** is happy his letter-writing campaign will shed positive light on the Alberta government's gender guidelines.

JENNIFER FRIESEN/FOR METRO

### Eggen's supportive pen pals

EDUCATION

### Minister gets props for work on guidelines



RENFREW CHRYSLER IS YOUR CURE FOR THE HOLIDAY BANK ACCOUNT HANG OVER!

Helen Pike Metro | Calgary

There's nothing quite like an old-fashioned letter to show you care.

That's why University of Calgary students hope to engage Calgarians in writing to Education Minister David Eggen in support of his gender expression guidelines.

The guidelines were released mid-January to mixed reviews. School boards have until March 31 to create their own based on the governments' recommendations.

"When the document initially came out I was really quite ex-

cited," Zac Wierzbicki said.

When he heard some loud voices come out against the document, Wierzbicki, a preservice teacher and student at the University of Calgary, volunteered to organize a letterwriting workshop.

"Whenever you look at that kind of response you obviously see people on the fringe," Wierzbicki said. "It just seemed like it was really important to co-ordinate an effort in order to show not everyone thinks that way."

The minister sent Metro a written statement about the feedback his office has fielded.

"We have received good feedback on the guidelines we released to support boards in development of policies that support welcoming, caring, respectful and safe schools," he wrote.

Wierzbicki said his group is encouraging educators as well as LGBTQ groups to send handwritten letters.

### MENTORING

### Kids add app to laps in gym class



Jennifer Friesen

In an age where toddlers can operate iPads faster than adults, some parents have concerns about what technology will do to physical activity in the next generation.

Larry Katz, on the other hand, sees it as an opportunity to help kids learn how to play sports.

"I've always been interested in how people learn," said the professor from the University of Calgary's Kinesiology department.

"And I use technology to improve performance."

His new app, called Watch Me Learn, sets out to do just that

Using a tablet, students are able to film their peers during sports practice, and then review their technique by watching it back

Katz tested out his app this week at Calgary's Akiva Academy School.

Over three days, 24 students used the app while playing basketball to see how the technology affected their learning

"It was really interesting,"

said 13-year-old student Nina Ortega. "When you have a partner who tells you what you're doing wrong, and then you can see it in the video ... you know what you have to change. It's much easier."

And according to Alexandra Sibson, a teacher at Akiva Academy School, the technology has potential to help the schools as well.

"With just one teacher out of 25 kids, it's hard to pick every single person and show them the exact way they should be dribbling a ball," she said.

"If the students take that responsibility and look at the data from their classmates, as well as how they've assessed themselves, it takes that ownership."



Students film one another to improve technique. METRO



### People, goldfish rescued

Calgary Fire Department rescued two people and two goldfish from a house fire on Bridleglen Manor SW Thursday afternoon.

The call came in at 2:15 p.m. Crews arrived to find flames and smoke coming from the front porch and the main floor of the house

Firefighters entered the home and escorted two people safely out of the basement. Two pet goldfish were also rescued from the main floor by firefighters.

Fire crews quickly brought the fire under control and limited the spread to other structures.

One neighbouring home did sustain heat damage that was limited to the exterior of the house.

Nine people were living in the home but they won't be able to return due to extensive damage.

No injuries were reported and Calgary fire investigators are on scene to determine the origin and cause of this fire. METRO



### Payne set to tackle health portfolio

### Former yogi 'overjoyed' to be named part of NDP cabinet



**Jeremy** Simes For Metro | Calgary

Brandy Payne is ready to divide files with Health Minister Sarah Hoffman, tackling a portfolio that consumes the largest share of Alberta's budget.

Payne — the MLA for Calgary-Acadia — was named associate minister of health by Premier Rachel Notley on

She said the premier called her office just the day before the announcement.
"I was overjoyed," she said.

"It's really an honour to be part of cabinet and take on such an important portfolio. I'm just completely humbled and honoured to be part of this role."

Her responsibilities include implementing recommendations from the upcoming mental health review and dealing with primary care networks and fentanyl.

"I'm looking forward to tackling the mental health file, particularly the connection between mental health and addiction," she said in an interview. "I think it's an area where there's a lot of room to improve health outcomes for Albertans."

Payne noted Alberta's lagging economy has meant limited spending, but plans to



MLA Brandy Payne was sworn in as the associate health minister Tuesday. THE CANADIAN PRESS

implement the low-hanging fruit from the province's anticipated mental health review as soon as possible.

During last spring's provincial election, she received flak from pundits and commentators for her work as a yoga instructor.

When asked about how she handled those comments, Payne was quick to note her experience includes working in journalism, communications and the oil and gas sector.

Besides, she wasn't "just" a yoga teacher — it was her own small business.

"I think I gained a lot of really solid experience on a lot of different fronts," she said. "One of the skills I honed before this (position) was the ability to read information and ask probing questions to get a deeper understanding of the issue, and I think that's really beneficial in this role."

"All of that really fed into finding myself here today.'

In May, she beat former Tory cabinet minister Jonathan Denis, being outspent \$79,171 to \$240.

She's also pregnant, expecting her second child in



I'm looking forward to tackling the mental health file, particularly the connection between mental health and addiction. Brandy Payne

### Man sentenced to four months after elementary school scare

four months in jail for bringing a hatchet and small knife into an elementary school in southern Alberta.

Godfrey Shouting, 37, pleaded guilty to possession of a weapon dangerous to the public in Lethbridge provin-

Court heard that Shouting

entered Mike Mountain Horse School about six weeks ago saying someone was chas-

A staff member quickly ushered him to an empty room and the school was locked down for a short

When police arrived they found a hatchet and a small knife concealed in Shouting's clothes.

Shouting was under the influence of drugs and was suffering from withdrawal, which was the reason for his erratic behaviour.

He was given credit for pretrial custody, leaving him with 43 days to serve on his sentence. THE CANADIAN PRESS

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# First Syrian refugee baby is welcomed in Calgary

### **Volunteers** from support group step up to help mom



The very first Syrian refugee baby born in Calgary was welcomed into the world in the early hours of Tuesday morning.

But the birth of baby Mohammad Al Masalma has quite the story to go along with it.

'I wasn't expecting to be here when I had the baby," said the mother, Seham Talab through a translator. "But, I feel so grate-

Talab went in for a clinic appointment Tuesday, not expecting to have her baby that day, and was rushed to the hospital where she was told she was in labour — already four centimeters dilated.

While husband Yahya Al Masalma was at home caring for their other children, two volunteers from the Syrian Refugee Support group stepped up to help Talab through the delivery.

She's in a new country, she doesn't speak any English and in her country they do things very differently there. Her previous births were done at home with a midwife," said Ronnie



New "sisters" Sereen Bishawi, left, Seham Talab and Ronnie Saadeh cuddle with baby Mohammad. JENNIFER FRIESEN / FOR METRO

Saadeh, who rushed to be by Talab's side when she heard what was happening.

Sereen Bishawi, the other volunteer who helped Talab through the birth of Mohammad said it was actually the first time they had ever met her.

"We just went there to translate, help her out and be there for her," she said.

Talab, who, along with her

husband came direct to Canada from the Syrian border town of Daraa, said she feels like Saadeh and Bishawi are now her family.

"I feel like they're my sis-ters," said Talab. "They made me feel calm and translated between me and the doctors during labour.'

Saadeh and Bishawi agree they've forged a very special

I wasn't expecting to be here when I had the baby. Seham Talab

"I feel like I want to be in touch with them forever," said Bishawi. "She's an amazing woman, her story is amazing, she's very strong and we've got a special connection now."

Saadeh said Talab felt bad for taking them away from their families, but they felt honoured to be a part of it.

"It brought us to tears because she was so grateful we were there," she said.

Al Masalma said he is so thankful for the support their family has received.

"We're so happy," he said

through a translator. "We want to thank the Canadian government, Calgarians and the community who has helped us. We want to thank everybody for the wonderful sense of community we're feeling."

"We're grateful people here treat us like Canadians and not strangers," he said. "We feel like we've become Canadians.'

Both baby Mohammad and Talab are healthy and at home with their family. Mohammad weighed in at an impressive 8 pounds 2 ounces, and was 21 inches long.

SYRIAN NEWCOMERS

### **Police** strategy

The Calgary Police Service wants to make sure their efforts are sustained when working with refugee communities.

With a total of 2,500 refugees expected to land in Calgary by the end of the month the city's top cop Chief Roger Chaffin said CPS is focusing on how to help with the resettlement of refugees and how to address public safety concerns related to their arrival.

Chaffin said there will be a continuous effort to foster a prolonged, positive relationship - different than one refugees may have had with law enforcement in their native countries. Creating that trust and confidence is very important," said Chaffin. "Proof is going to be what this looks like in a year and how we actually experience this as the spotlight turns off."

The force is doing a few things to educate their ranks and is working with other local support agencies like with Calgary Catholic Immigration Society with the goal of introducing refugees to officers to make them feel comfortable with police. "It's important we form part of that collaborative support with other agencies," said Deputy Chief Trevor Daroux.

The CPS also sit on numerous committees including the Calgary Neighbourhoods committee and the RCMP's federal provincial strategies, where they look at implementation of best practices in these situations.

LUCIE EDWARDSON/METRO



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### Breaking the language barrier

**IMMIGRATION** 

### **Program aims** to bridge social gaps between cultures



**Aaron** Chatha Metro | Calgary

Typical teen girl problems: not knowing where to hang out on weekends, how to dress warmly but fashionably, what to order at restaurants and cafés - not knowing how to make friends when you have difficulty with the language.

Bahesht Daniyal has spent nine months as a mentor in the Calgary Immigrant Women's Association (CIWA) mentorship program, and she's realized just how vulnerable young women who are new to Canada can be.

"Most of them are enrolled in some sort of school or language training support provided by the government, in terms of integration and settlement," said Daniyal. "They need a lot

of social support too — a social network, events and leadership opportunities — to create their own network. They need to be able to participate in the community and get engaged."

The program is open to Calgarian female permanent residents from the ages of 12 to 29-years-old.

Daniyal tries to meet with her mentee every Friday afternoon, and said while the govsuming girls are allowed to take part at all.

Azmeena Nurddin, program co-ordinator for the mentorship program, said it's different for every person and family, but for those coming from Asian backgrounds tend to come from a more conservative culture. Part of a mentor's role, she said, is supporting the young women through the process of dealing with parental

These girls will have dual cultures and they need to find the middle ground, where they would like to stand so they don't create a high-conflict situation with their families. Azmeena Nurddin

ernment and social institutions focus on helping newcomers find education and jobs, there's a lack of support in their dayto-day lives.

Little things stack up very quickly.

Even going out, having fun, drinking and dancing at nightclubs can be an incredibly different experience than it was back home — and that's asexpectations, and navigating Calgary's nightlife culture.

"What we're trying to promote here is a balance," said

"At the end of the day, these girls will have dual cultures and they need to find the middle ground, where they would like to stand so they don't create a high conflict situation with their families.



For more information about the mentorship program, visit www.ciwaonline.com.

Nurddin said kids often adapt faster than parents, but when the family has trouble adapting to the culture, or even landing a job in the same profession a parent had in their home country, it can have a big impact on family dynamics.

If parents are stressed, it takes a toll on the emotional wellbeing of their children as well.

To help close the gap between young women new to the country, Canadian culture and family dynamics, CIWA is holding a Youth Forum Culture Fest on Feb. 6, from 12 to 3 p.m. at the Marlborough Community Association.

The forum will have Stampede style games and informational booths aimed at celebrating the mentorship program and boosting confidence of those in attendance.



The Youth Forum Culture Fest, taking place on Feb. 6, aims to create cultural awareness and understanding with immigrant and Canadian born youth, and their families. COURTESY CIWA





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### Almost half of cancer cases preventable: AHS



Simes For Metro | Calgary

A new study shows nearly half of cancer cases in the province are preventable.

Completed by scientists working with the Alberta Cancer Prevention Legacy Fund at Alberta Health Services (AHS), it found 45 per cent of the cases could be prevented with improved lifestyles.

new cancer cases annually if people altered their lifestyles. Though tobacco remains the leading cause of cancer, a significant number of cases are related to inactivity, poor eating, excess body weight and alcohol.

Health Minister Sarah Hoffman told reporters that population growth and an aging population are putting pressure on the health system.

"So, it is important to look at some of the factors that are protect our health," she said.

Researchers didn't find large differences in environmental risks in different regions, said Dr. Christine Friedenreich, who led the study.

But breast, lung and colorectal cancers could be reduced by half if people altered their lifestyle, said Dr. Gerry Predy, Senior Medical Officer of Health with AHS.

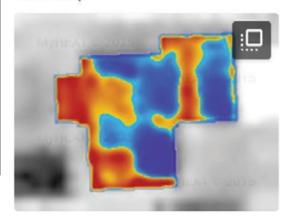
"Supporting people who have already had cancer to

quit smoking, be more physically active and limit alcohol can have a major impact," he added. "Modifying the influences on these factors improves treatment outcomes.

Though the data is helpful, no lifestyle or diet can absolutely protect people from getting cancer, said Dr. Darren Brenner, an epidemiologist who also led the project.

AHS said will work with partners to ensure Albertans make healthier choices.

### **HEAT Map**



MyHeat.ca, currently piloting in Okotoks, helps homeowners identify where they should improve insulation. COURTESY MYHEAT

### Housing is hot, and not in a good way

### ENERGY

### Site shows heat escaping from area homes



Aaron Chatha Metro | Calgary

New software is exposing hot, hot pictures of Alberta homes and revealing where they need to cover up.

It's a pilot program called MyHeat, created by Calgary researchers and launched in Okotoks to help residents save on utility bills.

It's also designed to help decrease residents' environmental footprints.

Using a Google Maps-like interface, the website MyHeat allows residents to enter in their address and pulls up a heat map of the top of their

"We've been able to identify uninsulated attic patches and, in general, some homes will appear warmer to our thermal sensor than others, said MyHeat president Jeff Taylor .

"That could indicate less insulation in the attic."

The heat map allows resi-

dents to see which windows the most heat is escaping from, and where cold spots in the home can exist.

Heat can even escape out of walls.

Taylor said often garages appear warmed on the map, as the insulation there is not as strong as the rest of the home.

The heat map is the first step in engaging residents, and the town of Okotoks plans to follow up that engagement with a do-it-yourself home energy audit kit.

Okotoks environment and sustainability co-ordinator Stefan Martensson said the town is currently putting the kit together, complete with a thermal camera and other tools.

"Obviously that's not the same level as a professional energy auditor, so if they do want to go the whole gamut, we are pre-approving a couple of companies that can do that for them," said Martensson.

He said the town will be offering discounts on audits through an incentive program in partnership with MyHeat.

Taylor said the company is now working with the City of Calgary to pilot the technology in select neighbourhoods this year.



Some homes will appear warmer to our thermal sensor than others. Jeff Taylor



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### When emoting is overactin

**SCENE YYC** 

### Take on Isolde features stone face most of us actually wear



**Jeremy** Simes For Metro | Calgary

It's been a refreshing experience for Gary Wilmes.

Wilmes, who plays Massimo in the critically acclaimed Isolde, has treated the performance like an introspective investigation.

And that's what Richard Maxwell is getting the actors to do, though it may not be easy to spot.

Maxwell, a playwright and Guggenheim fellow with the New York City Players, is taking the legend of Tristan and Isolde to Theatre Junction Grand on Wednesday and turning it on its head.

It's a stark and unsettling tale that deals with memory, infidelity and architecture, where artistic-tempered



From left: Isolde (played by Tory Vazquez), Patrick (Jim Fletcher) and her husband Massimo (Gary Wilmes). CONTRIBUTED

people seek discrete yet dangerous love lives.

Suitably, the show begins with Isolde (played by Tory Vazquez) making reference to a saboteur or — as she puts it bluntly — "that bitch."

Perhaps you've also been in a love triangle during your younger years.

But that's what makes the show relatable: There's none of this emoting you'd normally get from plays.

According to Theatre Junction artistic director Mark Lawes, the neutrality of the actors replicate how most people are: stone-faced.

"We're aren't that emotion-

al in real life," he said. "We've got this neutral mask on, and there's a lot underneath that's not being expressed.

"In the play, people aren't screaming or crying or emoting. There's a certain way the actors speak and, when you first hear it, you're going to think, 'What is that?

And while you're guessing how the characters are feeling, the actors aren't exactly sure what they're going to emote. Hence the introspection to

which Wilmes refers.

"We're not planning any emotional or cathartic moments," he said. "We don't really know how we plan to



Isolde plays at Theatre Junction Grand on Wednesday at 8 p.m. Tickets can purchased at theatrejunction.com.

feel; it just happens every

That's what Maxwell wanted to explore.

"All my plays are about theatre," he said. "The manifestation here is that I have a character who loses their memory and challenges notions about acting, (and) that notion embodies questions I have about acting and what's stage-worthy.'

For Wilmes, Maxwell's exploration has meant his performance is more present.

"When you audition for things, you make choices to give your character emotional life," he said. "You don't have to do that with (Maxwell's)

"What I've learned is you can just be who you are, and that's interesting enough."



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### WEEKEND EVENTS

### **Calamity Town**

It's 1940: The depression has ended and hope returns to the New England town of Wrightsville, where Ellery Queen looks for inspiration for his newest novel. Classically, poisonings and murder are on the menu for Ellery. This play isn't your typical dusty drawing-room mystery tale. Show starts at 7:30 p.m. at Vertigo Theatre and tickets are \$25.

### SATURDAY **YYC Hot Chocolate Fest**

Organized by Meals on Wheels, there's an assortment of hot chocolates for you to try. Some are classic while others are a bit more daring. A portion from each drink is donated to support Meals on Wheels clients. Customer online votes will decide which vendor will win Calgary's Best Hot Chocolate of the Year. Vendors are located throughout the

city and can be found at yychotchocolate.com.

### **The Peking Acrobats**

These acrobats are known all over the world for their daring performances, balance and flexibility. An eclectic mix of contortionists, jugglers, trickcyclists and gymnasts perform to music that's played by the Calgary Philharmonic Orchestra. Show starts at 8 p.m. at the Jack Singer, and tickets begin at \$20.

### SUNDAY Elska

Dubbed the Bjork for kids, Elska enchants with fun lyrics and a techno-pop sound that's interwoven with mesmerizing storytelling. Elska's Island, a place off the coast of Iceland, is full of wondrous and odd creatures. Showtimes are at 1 p.m. and 3:30 p.m. at the Martha Cohen Theatre, and tickets are \$34.

JEREMY SIMES/FOR METRO



Corb Lund performs at the Jack Singer on Friday at 8 p.m. Tickets are still available, CONTRIBUTED

### **On loss** and hurtin' in Alberta

### SCENE YYC

### **Country star** talks death and the economy



### **Jeremy Simes** For Metro | Calgary

Corb Lund and the Hurtin' Albertans are, indeed, hurtin' with its latest album, Things That Can't Be Undone.

The band's '60s-inspired eighth studio album brings western grit, good honky-tonk and sadness back to country music something dearly missing amidst the shiny, tailgate-heavy bro-country on today's airwaves.

Metro spoke with Lund about his personal losses that underline the album and Alberta's hurtin' economy.

### A lot of loss played a role in the making of this album -Sunbeam is dedicated to your niece who died at the age of 11 — so how much did those losses play a role in making it?

Quite a bit, I think. It's not on purpose because that's how it works — whatever I'm going through is what comes out in these songs. A year and half preceding the record I lost a lot of family members and some left-over relationship stuff ... art — in general — is a way of making crappy stuff in your life (into a) positive.

Did you find making this

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### album has helped with that crappy stuff?

Yeah, probably. It's like catharsis. But it's kind of cool because I had a number of people tell me some of the darker songs meant a lot to them — they were going through some of those things.

### You've spoken about how Alberta needs to diversify its economy. The government here is all about diversification, so I'm wondering if you think we're headed in the right direction?

I think it might be too late for the world. Half the time, I think we should figure something out to save ourselves. The other half I think the world might be screwed. As for diversification, It gets a little confusing because if someone misquotes you, it seems you're anti-petroleum. I'm not antipetroleum ... if the oil goes away and the Saudis crash the prices like they're doing now, we'll be like the Maritimes with no cod. We all need (oil) — it's a big part of our economy, and I respect that, but it's just common sense for us to diversify ... aside from all that stuff, it's really cool coming back and playing these songs here in Alberta.

### What's that like, coming back?

It's special — I can play things to people who know what I'm singing about. Interview has been edited and condensed for length.



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### Therrien offers feel-good film



Bobby Whiteside (played by Kristian Jackson) in a scene from The Night Pond. CONTRIBUTED

### Calgary man dives into the unfamiliar, in The Night Pond



Jeremy Simes For Metro | Calgary

Jayson Therrien never thought his first feature would be a feel-good hockey tale.

"If you told me my first feature film would've been a family Christmas hockey movie, I would have said, 'Not a chance," he said.

"It wasn't something that appealed to me in the beginning.

Therrien, a local producer, is currently filming The Night Pond, a story about embattled teenager Bobby Whiteside (played by Kristian Jackson) and a magical hockey rink.

Christmastime doesn't sit well with Bobby - his best friend, Charlie (Joe Perry), died in a car crash on Christmas Eve. Charlie was always

### UPCOMING

### International exposure

In May, The Night Pond will be shown at a buyers' screening in Cannes,

there for Bobby, helping him cope with the loss of his dad, who left Bobby's mom when he was 8.

"Christmas is just bad for (Bobby) — things go wrong; he lost his father and lost his best friend," Therrien said.

'So every time someone says, 'Merry Christmas,' it really rubs Bobby the wrong way.

Prior to Charlie's death, the best friends were planning an escape route — or shovelling a path through a frozen lake out of town, a.k.a Canmore, Colorado.

To cope with his death, Bobby decides to shovel that route himself the following Christmas and, by doing so, discovers the perfect hockey

But there's a problem: a

development company wants to tear up the area to build properties.

Rattled, Bobby rallies the town to stop the excavations from happening.

And they're on his side.

"He gets a lot of support," Therrien said.

"People are happy to see he's going back to his normal self because of this magical hockey rink.'

Turns out the rink is there for people in need, like Bobby.

"I think it represents hope and not dwelling in the past,' he said.

And it's that story that made him want to do the feature film, he added.

"The script makes me tear up sometimes.'

Though he's operating on a tight budget, Therrien said Albertans have been incredibly supportive.

"It's tough right now," he

"Lots of people just want to work, and I couldn't be happier with how generous people have been.'

The film is expected to be ready for sale by Christmas.



Find out more at beaconheightsinsherwood.com

# 66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

### **New Real Estate Bonanza**

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

### **Foreclosures, Flips & Flowing Money**

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet investors are asking, "Can I still find good deals in U.S. property?" The answer is an emphatic YES.



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

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The Vancouver couple pictured here, were able to buy an entire trailer park in Florida for half off. Their investment brings them a 23% net annual return on their money. Would you like these types of returns?

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### **THURSDAY FEBRUARY 11**

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### **CALGARY AIRPORT**

### **FRIDAY FEBRUARY 12**

at 12pm or 6pm Hampton Inn by Hilton Calgary Airport North 2021 100 Ave NE Calgary, AB T3J 0R3

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**SATURDAY FEBRUARY 13** 

at 10am Clarion Hotel & Conference Centre 2120 16 Avenue NE Calgary, AB T2E 1L4

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### Big-city mayors seeking big bucks

The mayors of Canada's largest cities are in Ottawa to make their pitches for federal funding, and this time, the prime minister will hear their requests. Metro compiled a list of "The Big Asks" from seven of the nation's biggest hubs. Here's what the leaders are looking for from the federal government.



### **Mayor Mike**

Savage said Thursday he's looking for as much money as he can get from the federal government for infrastructure projects in his city. He said there is \$2 billion in work that needs to be done over the next two decades to bring the city's aging water infrastructure up to environmental standards and to sustain the city's growing population.



**Mayor Jim Watson** is asking the federal government for funding for the \$3-billion Phase 2 of the city's light rail transit. Watson noted they already have that commitment from the prime minister. However, he is also asking for funding for affordable housing, and for the feds to cut the red tape so municipalities can get the infrastructure cash quicker.



### **Toronto**

**Mayor John Tory** has made it clear he wants federal funding to be "fair and stable" so cities can budget effectively. In terms of specifics, he's asking the federal government to cover one-third of the estimated \$2.6 billion in repair backlog at Toronto Community Housing. Tory also wants federal cash for projects like the city's downtown relief line and a waterfront LRT.



### **Winnipeg**

Mayor Brian Bowman has three priorities: transit, infrastructure and the environment. While he wouldn't get into specific dollar amounts, Winnipeg has several massive projects on the horizon, including the second phase of a six-phase rapid transit system (\$590 million) and preventing the city's ancient sewers from overflowing into the rivers (\$1.2 billion).



**Mayor Naheed** Nenshi is also asking for infrastructure money. He wants a block funding setup with reporting mechanisms that allow cities to use federal money for projects right away, such as in the area of local affordable housing. He also hopes the mayors talk about cities' roles in climate change and how they can support the feds in what they're trying to accomplish.



### **Edmonton**

**Mayor Don** Iveson is hoping the "unprecedented access that big city mayors are getting from the federal government this week could mean support for social and affordable housing, as well as funding for the city's LRT. Iveson said over the next decade he would like to be able to expand light rail transit.



### **Vancouver**

**Mayor Gregor** Robertson plans to leverage \$250 million worth of city-owned land to entice the federal government into building new affordable housing. He is asking the feds for \$500 million over five years to build 3,500 units of social housing on 20 city-owned sites. It's the largest housing proposal ever made by a civic government to Canada.

### GHOMESHI TRIAL

### DeCoutere tells of 'ironic' karaoke duet



**Courtroom sketch of Lucy DeCoutere** THE CANADIAN PRESS

The only complainant whose name is not covered by a publication ban took the stand Thursday in the sexual assault trial of Jian Ghomeshi.

Trailer Park Boys actor Lucy DeCoutere said that months after Ghomeshi allegedly choked and slapped her, they met at a karaoke event in Banff, where he joined her onstage mid-song to perform a duet of Britney Spears song Hit Me Baby One More Time. She called the song choice "intensely ironic."

Ghomeshi's lawyer, Marie Henein, questioned how well



In addition to the karaoke event, DeCoutere said she later saw him at the Gemini Awards, where he allegedly put his hand on her throat. She also appeared on his CBC show, Q, to promote Trailer Park Boys.

DeCoutere could recall the night because she had apparently added more details while testifying in court that did not emerge in 19 police and media interviews.

Henein said DeCoutere had added details about pauses between slaps and kissing Ghomeshi good night.

The lawyer pressed DeCoutere on why she chose to cuddle and kiss Ghomeshi that night, and attend several events with him over the following week.

DeCoutere responded she did so because the "way he was with me after he assaulted (me), I felt like I missed something. I was just checking."

TORSTAR NEWS SERVICE

### IN BRIEF

### Man pleads guilty in fatal crash; released on bail

A driver who caused a horrific crash that killed three young children and their grandfather last year was returning from his bachelor party and was so drunk that he urinated on himself and needed help standing. Marco Muzzo, 29, pleaded guilty Thursday to four counts of impaired driving causing death and two of impaired driving causing bodily harm, before he was released on bail until his sentencing later this month. THE CANADIAN PRESS

### **Worker found Tim Bosma's** truck in airport hangar: Trial

An intern at an aviation company owned by one of Tim Bosma's accused killers testified Thursday that he vomited after realizing he had discovered the dead man's truck parked inside an airport hangar.

Arthur Jennings said he was shocked when he saw the truck that was "identical" to one police and media reports had said belonged to Bosma, who disappeared on May 6, 2013. THE CANADIAN PRESS





A reveller jokes next to a police officer during the start of the street carnival in Cologne, Germany, on Thursday. MARTIN MEISSNER/THE ASSOCIATED PRESS

## **Cologne** carnival underway

**GERMANY** 

### **Memory of** New Year's attacks looms over first day

Cannon fire followed by a rain of confetti heralded the start Thursday of Cologne's annual Carnival, when hundreds of thousands of revellers take to the streets and pubs of the ancient German city for five days of boisterous partying.

Festivities this year have been overshadowed by security concerns, prompting police to double the number of officers on patrol to more than 2,000 in an effort to reassure the public after an unprecedented series of

robberies and sexual assaults mostly targeting women at New Year's.

Police say the attacks were mostly carried out by foreigners, fuelling debate in Germany about the country's ability to cope with the

huge number of migrants that have arrived over the past year.

In the old town, three young women dressed as clowns said they weren't deterred by what had happened at New Year's.

"There is a lot of security, and everyone is looking out for each other," said one of them,

Special safety points, where people can go if they feel threatened, have been set up at major squares. Henriette Reker, Cologne's mayor, has pledged to prevent a repeat of the New Year's attacks.

Still, some revellers said the city felt emptier than in previous years, though the wet weather could have been to blame.

The first day of Carnival is traditionally referred to as "Weiberfastnacht" — a day when women symbolically take charge of the city.

Josef Sommer, who heads the city's tourism agency, said he was confident the additional security measures would prevent a repeat of the New Year's assaults and allay latent fears of Paris-style attacks by extremists.

"Everyone can celebrate Carnival the way they're used to, with the exception perhaps that people should follow police advice to refrain from wearing costumes that include realistic replica weapons," Sommer said.

The New Year's assaults sparked a nationwide uproar, the removal of Cologne's police chief and a heated debate about integration at a time when Germany has seen huge numbers of

each other. Julia Moser

There is a lot of

security, and

everyone is

looking out for

refugees come into the country. Authorities and social welfare groups had organized Carnival training sessions' for migrants to enjoy and understand the boisterous celebrations without coming into conflict with locals.

Carnival is a lucrative event for Cologne, said Sommer, the tourism chief. But more importantly the city has a reputation to protect, he said.

"Cologne has an image as an international and tolerant city, where people from all cultures celebrate and have fun together." THE ASSOCIATED PRESS

### Actress willing to discuss 'El Chapo': Lawyer

An attorney for Kate del Castillo said Thursday the actress is willing to talk to authorities in her native Mexico about her encounters with drug-cartel kingpin Joaquin (El Chapo) Guzman after prosecutors there issued an order for her to be located and brought in for questioning.

Mexican investigators have been seeking to interview her as part of a probe of possible moneylaundering involving Guzman and the actress' tequila business. That followed last month's rev-

elation that she helped broker a meeting between the capo and actor Sean Penn.

"In the course of the investigation they are going to talk to her, right?" said Harland Braun, her U.S. lawyer. "If we receive proper information and credentials, she'll talk to them.

"There's no problem locating her. ... Everyone knows she has lawyers, publicists, agents."

Earlier in the day, two Mexican security officials said federal prosecutors had issued the

search order because the movie and telenovela star did not voluntarily appear before authorities to give a statement as requested.

Braun said del Castillo, a naturalized U.S. citizen, was currently in Los Angeles, where she has lived for years, and feeling "a bit disappointed."

She recently sought a court injunction to bar Mexican authorities from detaining her. However, the judge asked her lawyers for more specifics before proceeding. THE ASSOCIATED PRESS



**Actress Kate del Castillo** THE ASSOCIATED PRESS FILE



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# Assange asylum to end with UN panel's ruling

### WikiLeaks chief risking arrest, but expects to walk free

WikiLeaks founder Julian Assange says he will step out of the Ecuadorian embassy in London on Friday after more than three years of self-imposed refuge from British authorities.

The exit is timed to come one hour after a UN panel on arbitrary detention is set to release its findings on his case. In a statement posted on the WikiLeaks Twitter account, Assange said he would accept arrest if the UN panel ruled against him, but expected to be allowed to walk free if it rules in his favour.

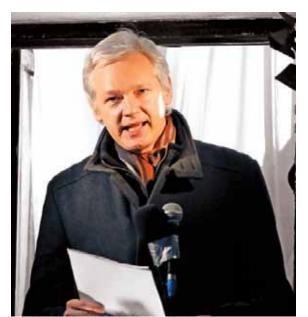
If the UN finds that his confinement to the embassy is lawful, Assange said, "I shall exit the embassy at noon on Friday to accept arrest by British police as there is no meaningful prospect of further appeal.

"However, should I prevail and the state parties be found to have acted unlawfully, I expect the immediate return (of) my passport and the termination of further attempts to arrest me," he wrote.

The Swedish foreign ministry confirmed Thursday that it had seen a copy of the panel's findings and that it had ruled Assange's detention is "arbitrary."

Assange was granted asylum by Ecuador and has been living in its embassy in London since June 2012, shortly after he lost his bid to overturn an extradition request from Sweden, where he is wanted for questioning about an alleged sexual assault.

"International law is quite clear that detention is not voluntary where one's only two choices are confinement or a risk of persecution," wrote Carey Shenkman, a human rights lawyer who represents Assange in the United States. TORSTAR NEWS SERVICE



WikiLeaks founder Julian Assange says he will end his asylum in Ecuador's embassy in London, U.K. once a UN panel rules on whether his detention is arbitrary. THE ASSOCIATED PRESS FILE





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NEWS | World

Weekend, February 5-7, 2016 **27** 

# Food, aid in short supply for refugees

### **Syrian family** living in camp reduced to one meal a day

Perwin Shamsaddeen Ali, a Syrian refugee living in a tent camp in northern Iraq, has been reduced to cooking one meal a day for her family of four. "I cook at 11 o'clock and we



World leaders pledged more than \$10 billion Thursday to fund schools, shelter and jobs for Syrian refugees, money that British Prime Minister David Cameron said "will save lives, will give hope, will give people the chance of a future." THE ASSOCIATED PRESS

eat the leftoyers in the evening. Why? Because we have no more food, that's why." the 28-yearold mother of two said. "Today I gave the kids some noodles, that's all. That's all we had."

As aid agencies struggle to keep pace with the worst refu-gee crisis since the Second World War, they have been forced to cut back on assistance, including food rations.
A funding shortfall last year

forced the World Food Program, the UN agency responsible for feeding the refugees, to cut back. Some refugees no longer receive any food aid. Monthly cash assistance has been reduced to \$10 per person.

Some refugees say the vouchers the WFP uses to provide aid exacerbates the problem, since it can only be used in the camp's supermarket, where goods are more expensive than outside.

The WFP says its Iraq operation was 61 per cent underfunded last year.

THE ASSOCIATED PRESS



A Syrian boy walks in Kawergosk refugee camp in Iraq carrying a plate with boiled potatoes. Refugees struggle to feed themselves as aid agencies scale back assistance.

ALICE MARTINS/THE ASSOCIATED PRESS

### Petition seeks to relocate elephant

In the humble zoo, among the small cages of owls, guinea pigs and raccoons, Japan's oldest elephant stands in a concrete pen about the size of half of a basketball court. She drinks sugar water from a bucket and munches on bananas with her last remaining tooth while a debate is being waged about where she should live out her final years.

A gift from the Thai government in 1949, Hanako, or "flower child," has lived in a zoo since she was 2, and her current 69 years is about the lifespan of captive Asian elephants

An online petition drive wants her to be moved to a Thai sanctuary, to live in a natural, grassy habitat where elephants romp in herds. "Give her a real life or send her to a sanctuary, the petition says.

Inokashira Park Zoo acknowledges it's not fully equipped to keep an elephant. Hanako will be its last, deputy director and general curator Hidemasa Hori said. But Hori insisted his zoo knew best how to care for her.

Canadian Ulara Nakagawa, whose blog posts inspired the petition drive, says Japan's views on animal welfare at zoos lag behind a global move toward mimicking natural environments at zoos.

"I've always had a power-ful connection to elephants," Nakagawa said in a telephone interview. "My Hanako thing is just one small act that I'm

trying to do." Hori defended what he called the Japanese view of zoos as an educational exhibition of wildlife, which he said was culturally different from the Western view. He slammed the petition drive as "self-righteous and bigoted.'



Hanako, a 69-year-old elephant Eugene Hoshiko, THE ASSOCIATED PRESS



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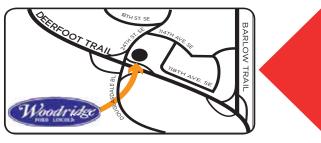
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NEWS

### IN BRIEF

### **Diabetes cure tested**

Johnson & Johnson and biotech company ViaCyte have begun testing stem-cell treatment in Type 1 diabetic patients that could end the need for frequent insulin injections.

THE ASSOCIATED PRESS

### **Another airbag problem**

Continental Automotive Systems says moisture can get inside its airbag control computers causing power supplies to corrode. This issue will lead to recalls of up to 5 million vehicles. THE ASSOCIATED PRESS







### Super Bowl ads coming **Game's big numbers**

### **Bell challenges** regulator's 'arbitrary' decision

A baby expounding on the benefits of online stock trad-ing. A pint-sized Darth Vader using the Force to power his father's sedan. Burt Reynolds being kicked by a bear.

Americans watching the Super Bowl are fed big-budget, celebrity-heavy commercials that have become almost as big a draw as the game itself, and Canadians have been missing out — but not for much longer.

This year could be the last in which Canadians are prevented from watching American commercials during the big game after the CRTC ruled that the U.S. ads were an integral part of the Super Bowl broadcast.

The federal regulator ordered Bell, which owns the exclusive rights to the NFL championship through 2019, to stop inserting Canadian ads for customers watching the game on an American channel.

That means that after the new rule comes into effect in 2017, Canadians who want to watch the U.S. ads during the Super Bowl can simply switch over from CTV to Fox, which has the U.S. broadcast rights next year.

Perry MacDonald, who heads Bell's English-language TV business, said the CRTC's "arbitrary" decision makes no sense given the importance of ad revenues beyond his company's bottom line. Bell is challenging the decision in the Federal Court of Appeal, and the NFL has filed a brief supporting the claim

MacDonald said many of the U.S. ads are available online. He said the CRTC's ruling hurts the ability of Canadian compan1.300.000.000 chicken wings will be eaten in the U.S. alone

### 100,000,000 chicken wings will be eaten in Canada

It might seem like a stretch, but Canadians don't fall short on the wing-eating.

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Average number of Canadians who tuned in for the 2015 Super Bowl

ies to reach their market and harms Bell's ability to promote

Some U.S. ads make their way to the Canadian airwaves, but most do not. And despite the lack of U.S. ads, the game remains one of the highest-rated TV shows in Canada.

Canadian shows

Broadcasters taking the American feeds of events like the Academy Awards or shows such as Survivor and inserting their own commercials, a practice known as simultaneous substitution, has long been a part of the Canadian TV land-

scape.
The practice has generated millions for the Canadian TV industry and given Canadian advertisers a way to access their local market for far less than it would cost to run a commercial on a U.S. network.

When it decided to carve out an exception for the Super Bowl, the CRTC said one of its biggest complaints about simultaneous substitution was from Canadians complaining about missing out on U.S. ads during the game. THE CANADIAN PRESS

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# METEVS

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Weekend, February 5-7, 2016

### **EMMA TEITEL ON A POISONOUS PICKUP ARTIST**

### Roosh V's misogynistic ideology borrows more from the Middle Ages than Tucker Max; a man who says he won't even speak to female reporters because he doesn't respect their work.

A few years ago, while covering the burgeoning men's rights movement, I attended a lecture at the University of Toronto by Janice Fiamengo, a Canadian academic and selfavowed "anti-feminist" who believes women's studies programs erode free speech.

The event was attended, not surprisingly, by men's rights activists who were spellbound by Fiamengo's gospel of unrepentant political incorrectness. But most noticeably, they seemed spellbound by Fiamengo herself.

Here was a real live woman who didn't ridicule them or write them off as quacks; a real live woman who (to borrow a line from Bridget Jones's Diary) appeared to love them "just as they were."

Yes, it's likely that a lot of these guys were sexist or paranoid; socially awkward, serially jilted, libertarians or disgruntled divorced dads peeved at what they believed was a rigged family court system. But I got the distinct impression that they would happily eject their creepy worldview if a woman actually gave them the time of day. In other words, their loneliness was way more palpable than their anger.

They weren't monsters, they were just jerks.

This is not the impression I get from Roosh V, a.k.a. Daryush Valizadeh, the "neomasculinist" American pickup artist, whose misogynistic ideology borrows more from

Misogyny, the hatred of women, is a word that gets used with an alarming lack of selectivity to describe a gamut of chauvinist-piggishness.

the Middle Ages than Tucker Max; a man who says he won't even speak to female reporters because he doesn't respect their work. (Needless to say, he did not respond to my request for comment.)

Valizadeh, 36, runs Return

Or is he a guy who's likely to believe that professional wrestling is real?

Why this interest in the pickup artist formerly known as Daryush? Because this past week Roosh set off a firestorm of protest when he announced



**STONE AGE AND SCARY** The coolest response to the vitriol of Roosh V (Daryush Valizadeh) may be to ignore him, Emma Teitel writes, but the self-styled "neo-masculinist" blogger is worse than the typical troll.

BARTEK KUCHARCZYK/TORSTAR NEWS SERVICE

of Kings (ROK), a website that churns out editorials advocating the repeal of women's suffrage, increased dating of women with eating disorders, and most notoriously, (in a column from last year called "How to Stop Rape") the legalization of rape, which he argues would prompt women to take greater measures to protect their bodies from unwanted advances. Surreally, Roosh says media have mischaracterized him: He is actually the anti-feminist Jonathan Swift, and "How to Stop Rape," is actually "satire."

This last claim is so absurd it seems absurd to go crazy about it. Even if it were true, is the average male visitor to Roosh's website a guy who's likely to be attuned to satire?

that this weekend he would be hosting an "international meetup" for his followers, in bars and cafes around the world. But widespread and very vocal condemnation of Return of Kings — and "How to Stop Rape" in particular — by activists and politicians, including several Canadian mayors, apparently spooked him. Valizadeh cancelled the event, citing, what else, safety concerns.

The question now is: should everyone have made such a fuss? Were the planned protests and protestations of high dudgeon really necessary? Or should we have concluded, as columnist Charlotte Lytton did in the U.K.'s the Daily Telegraph this week, that Valizadeh's ideas are "so absurd,

so pointless and idiotic, that taking them as a joke often seems like the only appropriate response."

The answer is no. It may always be cooler to sit back and laugh, but even if Valizadeh is the satirist he claims to be and the entire ROK website is a trolling project of Sacha Baron Cohen proportion, we should be proud and not embarrassed that our leaders reacted so swiftly to condemn what is a poisonous ideology.

Misogyny, the hatred of women, is a word that gets thrown around a lot these days. It's used with a sometimes alarming lack of selectivity to describe a gamut of chauvinist-piggishness: from the music videos of Robin Thicke, to groping on Mad Men, to men sitting widelegged on the subway. It has replaced sexism as the goto term for discrimination against women.

Overuse and misuse of the term has muddied its meaning. But Roosh V is the real thing. He and his followers (who, by the way, have compiled a list on their website of female journalists whose work they find offensive, on which I assume I will soon appear), are not just harmless sad sacks, like the Men's Rights activists who came to hear Fiamengo speak at U of T. They're not just lonely and pathetic. These guys are Stone Age and scary. They're misogynists. So is their fearless leader. And they should all be dealt with as

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

### ROSEMARY WESTWOOD

metroview

### High Hollywood drama, and clichés, on Ghomeshi Day 3

Soap operas have cliffhangers. Apparently, so do sexual-assault trials. Yesterday, the Jian Ghomeshi trial saw testimony from former Trailer Park Boys actor Lucy DeCoutere. It was, as DeCoutere put it, "theatre at its best."

Never more so than when Ghomeshi's lawyer, Marie Henein, drew the entire court to the brink of what she implied would be a major revelation, and then abruptly cut her questioning for the day.

She had pressed De-Coutere, who alleges one count of sexual assault and one of choking, about why she disclosed new emails on Tuesday evening, hours after the trial's first witness saw surprise email evidence in crossexamination.

"I'm going to suggest that after 16 months and 19 interviews in the media, and four press releases by your lawyer on the eve of this trial, the very first time that this call gets made is when you know defence might have some of those emails," Henein charged.

DeCoutere said it only became clear Tuesday the information would be "critical."

With gravitas Henein asked one final time: "Do you want to tell his Honour the real conversation that was going on?"

"I'm not sure what you mean," DeCoutere said.

Henein then told the judge she'd like to end here — leav-

ing the gallery agape, and De-Coutere in limbo.

Before facing Henein, De-Coutere commanded her own drama as she described how she "normalized" her relationship with Ghomeshi after she says he choked her and slapped her three times in Toronto in 2003.

It was a feminine cliché that stirred the emotions of women observers, who saw themselves in her: keen to please and to question themselves, afraid to offend.

DeCoutere said she didn't know how to react because she'd "never had an adult hit me before." She decided to stay at Ghomeshi's so that "whatever it was that inspired him to hit me would fade out." She kissed Ghomeshi on the couch, and then spent the weekend seeing him socially. She even sent flowers when she got home to Halifax.

Calling her own behaviour "outrageous" and "ludicrous," she said it was nonetheless authentic. She wanted to get over what happened; she wanted to "kill it," even after, at the Gemini awards, Ghomeshi allegedly cupped his hand around her throat "to remind me he choked me."

Any woman could sympathize with this desire to placate, this urge to self-blame. And it will carry its own power, despite Henein's dramatic twist. Today, we'll find out if that cliffhanger was earned.



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## M DI DI CI DI NI

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL



George Clooney stars in the latest offering from the Coen Brothers — Hail, Caesar! — which opens this weekend. CONTRIBUTED

### O Brothers, we love thou

### **ANALYSIS**

### The cream of the canon of **Ethan and Joel**

Crouse



The Coen Brothers have spent most of their careers as critical darlings, favourites of people like me who love the offbeat sensibility they bring to their films.

Their classic work, which includes O Brother Where Art Thou, Barton Fink and of course, the Oscar-winning Fargo, dates back to the early '80s with their breathtaking debut Blood Simple.

The Coens made their name mixing off-the-wall comedy with crime stories. Raising Arizona redefined quirky and The Big Lebowski is a cult classic.

The sibling directors set their new film Hail, Caesar! in a fictional movie studio called Capitol Pictures but populated the story with characters ripped from Hollywood history.

Josh Brolin plays Eddie Mannix, Metro-Goldwyn-Mayer's legendary producer and "fixer." During Tinseltown's Golden Age, Mannix solved star's problems, allegedly using his influence to keep some of the most notorious crimes and scandals on the LAPD blotter under wraps.

The Coens don't hit a home

MOVIE RATINGS by Richard Crouse

Hail. Caesar! \*\*\* Pride and Prejudice and Zombies \* **The Choice** The Lady in The Van ★★★ Mojave

**HOW RATING WORKS** SEE IT WORTHWHILE **UP TO YOU** SKIP IT

run every time - their romantic comedy Intolerable Cruelty lacked both romance and comedy and The Ladykillers was an ill-advised remake of an Ealing Studios classic - but their genrejumping resume contains many marvellous films that are as varied as they are entertaining.

Here are three of their movies that translate easily from the arthouse to your house.

### **No Country for Old Men**

The Coens faithfully adapted Cormac McCarthy's novel, keeping the dark humour, unbearable suspense and high body count, while at the same time tightening up their notoriously loose narrative style.

This is muscular filmmaking, highly structured but not predictable; it's well paced and suspenseful. It's one of their best films.

### A Serious Man

Though billed as a comedy, this may be the bleakest film from the Coen Brothers — and these are the same guys who stuffed someone into a wood chipper in Fargo.

The story of a man who thought he did everything right, only to be jabbed in the eye by the fickle finger of fate is a tragic comedy that shows how ruthless real life can be.

Set in 1967 Minnesota A Serious Man is apparently a thinly veiled look at the early life of the Coens, and if this is true, they deserve the designation of tortured artists.

This film is darkly brilliant and funny, but a celebration of life it ain't.

### **Inside Llewyn Davis**

This one is a fictional look at the vibrant '60s Greenwich Village folk scene. Imagine the cover of The Freewheelin' Bob Dylan come to life and you'll get the

More a character study than a traditional narrative, Oscarnominated Inside Llewyn Davis lives up to its name by painting a vivid portrait of its main character, played by Star Wars' star Oscar Isaac.

It gives us an under-the-covers look at the struggles and naked ambition it takes to get noticed.

Once you get inside Llewyn's head you probably won't want to hang out with the guy in real life, but you won't regret spending two cinematic hours with him.

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### HAIL, CAESAR! SPOT THE MOVIE REFERENCES

Joel and Ethan Coen aren't afraid to pay direct homage — O Brother, Where Art Thou? merrily riffed on Homer's The Odyssey and The Big Lebowski is a stoner's take on Raymond Chandler's crime fiction. Their new Old Hollywood satire Hail, Caesar! is chock-full of cinematic allusions, many of them obvious MGM classics but others merely implied. Let's play spot the influence with the Coens TORSTAR NEWS SERVICE

### **Ben-Hur** (1959)

This MGM sword-andsandals epic, starring Charlton Heston as a Jewish prince betrayed and enslaved by a Roman friend, is the biggest influence of all on Hail, Caesar!, the in-production movie within the movie. It gives the Coens film its ancient Rome set pieces and its celebrity kidnapping main narrative, with George Clooney playing duped doofus superstar Baird Whitlock. • Bonus references: Quo Vadis, The Robe





### **Anchors Aweigh (1945)**

Channing Tatum plays a dancing sailor in Hail, Caesar!, a pretty straight tribute to song-and-dance icon Gene Kelly, who enjoyed playing a navy man. The shore-leave segment in the Swingin' Dinghy bar, where Tatum's Burt Gurney busts bromantic moves with his mates while singing No Dames!, hat-tips this MGM musical rom-com that teamed Kelly with Frank Sinatra. • Bonus reference: On the Town

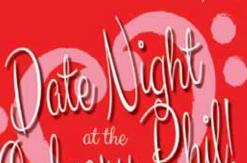


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### Tumbling Tumbleweeds (1935)

Rising star Alden Ehrenreich plays singing cowboy Hobie Doyle in Hail, Caesar! much like Gene Autry, the crooning cowpoke who could shoot his six-gun as easily as serenade his sweetheart. Any of Autry's films might have inspired the Coens, but the most likely is Tumbling Tumbleweeds, which has a title tune by the Sons of the Pioneers that the brothers used in The Big Lebowski. · Bonus references: Roy Rogers, Tex Ritter



### Million Dollar Mermaid (1952)

Scarlett Johansson's finned diva DeeAnna Moran plays broad tribute to Esther Williams, the real million-dollar mermaid from synchronized swimming extravaganzas choreographed by Busby Berkeley. In this MGM musical biopic, Williams played Australian swim star Annette Kellerman, notorious for being the first major actress to appear nude in a Hollywood film (A Daughter of the Gods). • Bonus references: Jupiter's Darling, Dangerous When Wet



### IceStation **Zebra** (1968)

This connection may be a little out-there, even for the Coen Bros., because this Rock Hudson MGM submarine thriller came out nearly a decade after Hollywood's Golden Age ended. But like Hail, Caesar! it has subs, spies and Soviets, and it's based on a real 1959 incident. The Cold War setting is also central to Bridge of Spies, the Oscarnominated Steven Spielberg movie that the Coens co-wrote. • Bonus reference: The Enemy Below



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Benjamin Walker and Teresa Palmer star in a feature film adaptation of the Nicholas Sparks' love story, The Choice. CONTRIBUTED

### THE CHOICE

### **Novelist was** inspired by a heart OK with being single

Steve Gow For Metro

Nicholas Sparks has quite literally mastered the art of the love story.

Not only have the American romance novelist's books sold over 100 million copies globally, but 11 of them have been turned

into successful Hollywood hits – including the classic drama The Notebook and last year's The Longest Ride. With the release of his latest passion project The Choice now hitting theatres, we quizzed the wordsmith on his command of the

### The obstacles of romance

Having penned nearly 20 hit novels, Sparks insists the key to a good love story lies in laying down a few roadblocks. In The Choice, veterinarian Travis is convinced a serious affair with neighbor Gabby would only cramp his bachelor lifestyle.

"Conflict is key to any story," insists Sparks. "Something's got to hold the characters apart so that they can overcome that. That's part and parcel with any love story. I certainly didn't (create) this — Shakespeare did it, the Greeks did it.

### Write what you know

The author insists that his ideas start close to home; that his "inspiration always starts very small." In the case of The Choice, Travis is even loosely based on Sparks's own brother.

"My brother was a great bachelor for many years," admits Sparks. "It's just someone very comfortable being single and comfortable doing what he likes to do (and I thought) what kind of person would it take to win a heart like that."

### The gift of trust

When Nicholas Sparks hands over one of his hit novels to a Hollywood screenwriter, he's happy to relinquish some creative control. But the author does lay some ground rules.

"They're very simple — retain the spirit and the intent of the characters. For instance, lets not make a character a pot-smoking alcoholic just because you think it would be more interesting,' said Sparks. "I understand that they're very different mediums a novel is a story told with words and a film is a story told with pictures - so I don't worry about small changes.



### **Cruel Intentions sequel** gets green light as TV pilot

Budget indie hit Cruel Intentions is getting a sequel, this time focusing on Bash Casey, the son of original characters Sebastian and Annette.

Based on French novel Dangerous Liasons, the 1999

film starred Reese Witherspoon, Ryan Phillipe, Sarah Michelle Gellar and Selma Blair in a spiderweb of high school manipulation and ro-

The TV pilot, ordered by NBC, continues the story 15 years later. AFP

### Fahmy memoir to be turned into film

The publisher of Mohamed Fahmy's upcoming memoir says a British company will develop the book as a feature film.

Penguin Random House Canada says Fahmy's memoir The Marriott Cell will tell the story of how he and two colleagues of Al Jazeera English were imprisoned in Egypt, and their battle for freedom.

The book is described as a political thriller that covers the arrest, trial and incarceration of bureau chief Fahmy, Australian correspondent Peter Greste and Egyptian producer Baher Mohamed in 2013.

Fahmy and Baher Mohamed were pardoned last September.

Greste had previously been deported.

Fahmy's memoir is to be published in October and the publisher says The Development Partnership will turn it into a film.

"A feature is going to allow us to relive and dramatically portray what no news reel grasped; one's inner voice caught in an emotional struggle between lawlessness, failed corporate decisions, and bureaucratic red tape that left us in a vicious Kafkaesque black hole fighting for our lives and that bigger cause of press freedom," said Fahmy in a statement.

THE CANADIAN PRESS



Mohamed Fahmy and his wife, Marwa Omara. TORSTAR NEWS SERVICE

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# First comes love, then comes marriage, then comes the feature film adaptation

CANCOR

Husband and wife team star in their real life rom-com

Steve Gow For Metro Canada

If it's a challenge just trying to agree what to make for dinner with your significant other, imagine writing and starring in a movie together.

For the past four years, that's what actors Adam K. Scott and Jeannette Sousa have been doing — penning and portraying fictional versions of themselves in the new rom-com A Date With Miss Fortune — a story about a struggling screenwriter serenading his overly suspicious sweetheart and protective Portuguese family.

"We just started collecting stories and eventually we just



Adam K. Scott and Jeannette Sousa wrote and star in A Date With Miss Fortune, a movie based on their romance. CONTRIBUTED

pieced it all together and it evolved itself into a script," recalled Scott of the decision to write the movie with his wife.

"Being in a cross-cultural relationship, it allowed for more comical situations at times and we figured it was something that most people would relate to," said Sousa. "That was always the goal — to make a film that would appeal to all nationalities, all cultures and really, people of all ages."

To that end, the Toronto-based talents have been largely successful. Already a theatrical hit in Portugal, Miss Fortune has been drawing obvious comparisons to the 2002 rom-com classic My Big Fat Greek Wedding.

Sure enough, a mingling of cultural idiosyncrasies may sound familiar to that cinematic blockbuster, but "because it's the highest-grossing comedy of all-time," Sousa concedes they kind

of embrace the comparison. "We appreciate when people bring it up, we appreciate the compliment," said Sousa. "But we try to have people understand that it is a different story; that it parallels with the cross cultural aspect."

Loosely based on the real-life couple's own relationship, the



We just started collecting stories and eventualy we just pieced it all together and it evolved itself into a script.

Adam K. Scott, filmmaker

pursuit of plotting a motion picture is a difficult enough task, let alone when it comes to agreeing on what embarrassing anecdotes to include — or not include.

"Sometimes there was a coin toss to be honest," said Sousa. "And then we also kept score so if my one line got in, he'd get the next one."

"I like to push the bounds probably more than Jeanette so she would say 'lets keep this a private matter' or for a sequel," laughed Scott. "She would say, if we get a sequel, I could spill the beans."



#### Actress sought for questioning over El Chapo

An attorney for Kate del Castillo said Thursday the actress is willing to talk to authorities in her native Mexico about her encounters with drug cartel kingpin Joaquin "El Chapo" Guzman after prosecutors there issued an order for her to be located and brought in for questioning.

Mexican investigators have been seeking to interview her as part of a probe of possible moneylaundering involving Guzman and the actress' tequila business. That followed last month's revelation that she helped broker a meeting between the capo and actor Sean Penn. She has not been accused of any crime.

"In the course of the investigation they are going to talk to her, right?" Harland Braun, her U.S. lawyer, said. "If we receive proper information and credentials, she'll talk to them. She's not hiding anything."

"There's no problem locating her. ... Everyone knows she



Kate del Castillo. THE ASSOCIATED PRESS

has lawyers, publicists, agents," Braun added.

Earlier in the day, two Mexican security officials said federal prosecutors had issued the search order because the movie and telenovela star did not voluntarily appear before authorities to give a statement as requested. They spoke on condition of anonymity because they were not authorized to discuss the matter publicly.

THE ASSOCIATED PRESS

#### Now playing





DRAMA/ROMANCE

**The Choice** 

**Director: Ross Katz** Starring: Ben Walker,

When feisty medical student

Gabby Holland moves next

door to perennial ladies'

man Travis Shaw, it sends them both on a romantic

journey neither dreamed

possible. Travis has always

believed a serious relation-

ship with a woman would

cramp his easygoing lifestyle, while Gabby is all set

Teresa Palmer

#### HORROR/COMEDY

#### **Pride and Prejudice and Zombies**

**Director: Burr Steers** Starring: Lily James, Lena Headey

A zombie outbreak has fallen upon the land in Jane Austen's classic tale of the tangled relationships between lovers from different social classes. Feisty heroine Elizabeth Bennet is a master of martial arts and weaponry and the handsome Mr. Darcy is a zombie killer.

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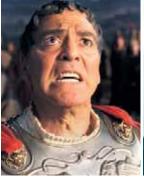


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to settle down.







#### COMEDY Hail, Caesar!

Director: Joel Coen. **Ethan Coen** Starring: George Clooney, Josh Brolin

Four-time Oscar-winning filmmakers Joel and Ethan Coen (No Country for Old Men, True Grit, Fargo) write and direct Hail, Caesar!, an all-star comedy set during the latter years of Hollywood's Golden Age. Hail, Caesar! follows a single day in the life of a studio fixer who is presented with plenty of problems to fix.

ROTTEN TOMATOES™ SCORE Critics Audience:





#### **The Finest** Hours

**Director: Craig Gillespie** Starring: Chris Pine, **Ben Foster** 

Casey Sherman and Michael J. Tougias' book detailing a daring 1952 Coast Guard rescue off the New England seaboard comes to the screen in this Disney film produced by Jim Whitaker. Paul Tamasy, Scott Silver and Eric Johnson team to pen the screenplay.

ROTTEN TOMATOES™ SCORE Critics: Audience:











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# Plenty of period dramas still to come

#### PREVIEW

#### Downton Abbey creator has a busy year planned

Like those infinitely looping GIFs of Maggie Smith's Dowager Countess firing withering glares, the Crawley saga could every well go on forever. Downton Abbey creator Julian Fellowes, 66, confirmed his interest last week in extending the series with a film. The sixth and final

ies with a film. Th sixth and final season wrapped on Christmas Day in the U.K., while the series is still airing in North America on Sunday nights (PBS at 9 p.m.).

"I'm completely up for a movie," Fellowes said backstage at Britain's National Television Awards last month, where Downton won for best drama. He gave the project a "64.5 per cent" chance of coming to fruition. The coming months promise a number of projects that extend

Fellowes' well-mannered British invasion beyond the Abbey.

#### Belgravia

Can Fellowes make what the New York
Times described as "appointment reading" a thing?
He'll attempt to resurrect the serialized novel this April, when he releases the first chapter of Belgravia. The story, which opens in 1815 against the romance of the Duchess of Richmond's ball, where British soldiers were

torn away from the dance to defend against the invading French, centres on two families that shared a secret whose consequences are felt 25 years later.

Fellowes' 11-episode Belgravia will be released weekly in both text and podcast formats.

#### **Doctor Thorne**

Fellowes will bring his deli-

cious clash-of-classes storytelling back to the U.K.'s ITV, home of Downton, by penning

and executive-producing the three-part miniseries Doctor Thorne, starring Tom Hollander as the titular doctor and Community and Mad Men star Alison Brie (plus Prince Harry's ex-girlfriend, Cressida Bonas, in one of her first film roles).

#### **School of Rock**

While Fellowes has a knack for history, it's not the only subject on

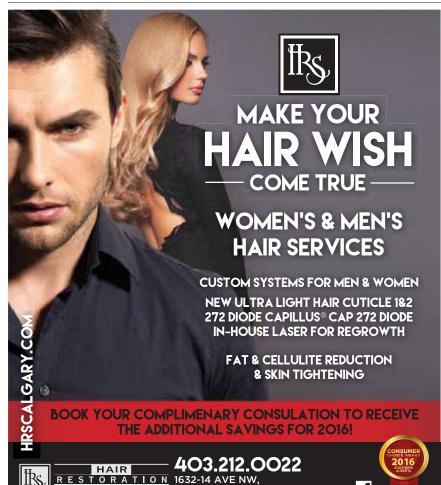
his curriculum.
He took a playful departure into musical theatre by writing the book for Broadway's School of Rock, which had its world premiere in December and showel kind of guitar solos that water Countess would

cased the kind of guitar solos that the Dowager Countess would have rocked in her own youth had electricity yet been invented. TORSTAR NEWS SERVICE

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Julian Fellowes has said there's a 64.5 per cent chance of a Downton Abbey movie coming to



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### Dance director quits

#### **Choreographer for** Black Swan leaves Paris' premier ballet company

Dancer Benjamin Millepied, who choreographed for the 2010 movie Black Swan and is married to its star, Natalie Portman, announced Thursday he's stepping down as dance director at Paris' premier ballet company.

Millepied's efforts to innovate at the storied Opéra de Paris have met mixed reactions since his arrival 15 months ago, and French media have reported tensions between him and some of the company's star dancers.

He said in a statement that he's leaving for "personal reasons," and that his role didn't allow him enough time for "creation and artistic expression."

Millepied, who has also danced for New York City Ballet and directed films and music videos, said he would continue to work with the company during this season and the next, and potentially in the years to come.

In addition to his choreography, the 38-year-old Frenchman also performed in Black Swan, the disturbing story of a young woman's struggle with the psychological pressure of ballet stardom.

He sought to leave the Opéra de Paris on friendly terms, appearing Thursday at a news conference with his successor, star dancer Aurelie Dupont, and Opéra de Paris director Stephane Lissner.

'Wĥat's important for me is to create, to be inspired by the parts. That's what motivated me in the ballet and today this position (the dance director position) isn't for me, it doesn't suit me,"



Millepied, pictured centre, has departed the Opéra de Paris. STEPHANE DE SAKUTIN/AFP/GETTY

Millepied told a news conference.

Speculation about a possible departure surfaced after a recent documentary in which Millepied said he still wasn't satisfied with the level of dance.

In an interview with Le Figaro in December, he said dancers should have more of a sense of entrepreneurship and fundraising - a concept foreign to many in France's more traditionally funded cultural world.

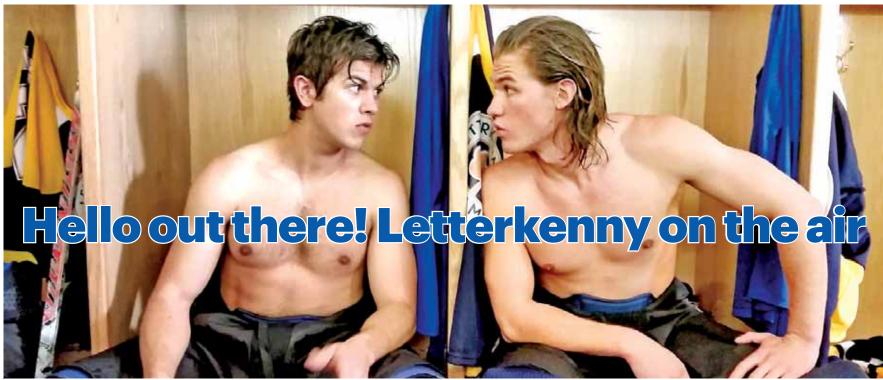
His predecessor, Brigitte Lefevre, played down any resistance to his unconventional ideas, saying that Millepied didn't have the necessary management experience for the job. THE ASSOCIATED PRESS



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Actors Andrew Herr (left) and Dylan Playfair star as hockey players in Letterkenny. The show premieres Super Bowl Sunday on CraveTV and is coming to The Comedy Network. HANDOUT

#### CANCON

#### Comedy series developed by teammates over beers

Letterkenny may be the most Canadian TV comedy ever made. Premiering Super Bowl Sunday on CraveTV and coming to The Comedy Network, the series was conceived by a bunch of guys who play hockey together.

It all began after a game, over beers. That one of those guys happens to be Jared Keeso helped. Keeso is one of the stars of Bravo's 19-2, the Montreal-based cop series entering a third season. He also played a young Don Cherry in a couple of CBC TV-movies about the colourful Coach's Corner star.

The Canadian Screen Award winner is originally from Listowel, a farming town of about 7,000 residents in southwestern Ontario. Letterkenny (a name plucked from a map of Ireland) is basically Listowel cranked up a notch.

Keeso was having beers with his buddy Nathan Dales after a game in their Vancouver recreational league. They bonded over their love of the Calgary Flames. Keeso and Dales eventually started working on several web series ideas, short comedy sketches goofing on sports fans.

"We were riffin' on text messages based on that Flames thing," says Dales. "Things just started snowballing."

Videos were posted on You-Tube, but it wasn't until Keeso suggested another idea — based on the peculiar way he and his buddies would speak back in Listowel — that things really started taking off.

Their Letterkenny Problems YouTube videos soon had more than 10 million views.

The web videos

show Keeso and Dales basically mouthing off as characters Wayne and Daryl. It's all based on "chirping," the deadpan putdowns dudes from small-town southwestern Ontario string together. These zingers are part of their farmland DNA.

One of the less profane examples: "Buddy, you're softer than a Tootsie Roll fruit cup."

Keeso says it was the language of his youth. "You've heard that dude who talks like that for some reason," he says. "His sister doesn't talk like that. His mom doesn't talk like that. Maybe his dad does."

When Keeso started hearing hockey buddies in Vancouver chirping the same way, he realized the language may be universal. Through Facebook and Twitter, he started receiving messages from fans in North Dakota and Minnesota saying, "This could be here."

Keeso started

keeping his iPhone handy to record kooky phrases. "I take gems from just about everywhere," he says. "The thing about small-town charm is people don't know how much gold they're packing there. People just toss out things (that) take me to my knees sometimes."

The large number of YouTube hits for Letterkenny Problems drew interest from TV production companies. Some big players were in the hunt, but after a conversation with co-founders Mark Montefiore and Patrick O'Sullivan, Keeso and Dales settled on newly formed New Metric Media.

"I grew up in St. Catharines (Ont.) and can name 10 of my friends Wayne and Daryl," says Montefiore.

The producers took the idea to three broadcasters and had three offers.

Having a web series that "decision-makers can look to or get inspired by" really helped, says Montefiore. "It doesn't seal the deal, but it makes it easier for conversation purposes."

The immediate challenge was turning four- or five-minute webisodes into half-hour TV comedies. Montreal-born writer-director Jacob Tierney — another hockey player — was brought in to flesh out scripts.

Keeso insists story arcs and character development "just gives me a headache." The producers say he is being modest. "Jared had put together a little pitch doc that outlines what the characters and the world might be," says O'Sullivan. "He's such a smart guy. We knew this could be a TV show."

Characters in the town are divided into Hicks, Skids and Hockey Players. Two other characters — young hockey dudes Wayne and Daryl are always chirping at — are played by Dylan Playfair (Some Assembly Required) and Andrew Herr (Mr. Hockey: The Gordie Howe Story). The actors also play hockey with Keeso and Dales in that Vancouver beer league.

Just to make sure it was as Canadian — and as small town — as possible, the series was shot in Sudbury, Ont.

So, yes, Letterkenny is as Canadian as beer smuggled into a skating rink.

"That's what beer league's all about," says Keeso. "It's not really about the hockey; it's just about the beers after and the room. We'll have some stories for the boys after, that's for SUTE." THE CANADIAN PRESS

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### A primer on Navajo Nation vs. Urban Outfitters

LAWSUIT

#### What you need to know about the suit, likely worth millions

The Navajo Nation is seeking potentially millions of dollars from Urban Outfitters Inc. over clothing, jewelry and other merchandise bearing the tribe's name that the retailer has sold.

The clothing chain asked a federal judge in Santa Fe, New Mexico, on Wednesday to limit how far back in time the tribe can go to seek money over the company's products, which included everything from neck-laces, jackets and pants to a flask and underwear with the "Navajo" name.

The judge did not issue an immediate ruling.

The tribe's lawsuit alleging trademark violations has been working its way through the courts for more than three years.

Efforts to settle the case featuring two unlikely foes have failed as the tribe seeks vast sums of money from the company that also owns the Anthropologie and Free People brands.

Here are things to know about the case:

#### What is the Navajo Nation seeking?

The Navajo Nation wants revenue from products sold by

Urban Outfitters and its subsidiaries under the "Navajo" name dating back to 2008. The actual amount isn't quantified in court documents, but it could amount to millions of dollars.

On some claims, the tribe wants all the profits generated from the Navajo-themed sales. On others, it wants \$1,000 per day per item, or three times the profit generated by marketing and retail of products using the name.

Urban Outfitters says the tribe deserves nothing from 2008 to when the lawsuit was filed, arguing that the company has been burdened by the tribe's unreasonable delay in asserting its alleged rights.

#### What is the basis of the lawsuit?

The tribe's 2012 lawsuit alleges violations of federal and state trademark laws, including the Indian Arts and Crafts Act, which makes it illegal to falsely suggest they're made by American Indians.

Urban Outfitters says "Navajo" is a generic term for a style or design. The company wants a judge to determine it hasn't infringed upon the tribe's rights and to cancel the tribe's federal trademark registrations.

#### What is the merchandise in question?

The geometric prints popular in clothing often are inspired



Items purchased from Urban Outfitters' Navajo line are shown in a 2011 file photo. MATT YORK/THE ASSOCIATED PRESS

by Native American designs. Urban Outfitters said it started using the "Navajo" or "Navaho" name on its products and in marketing as early as July 2001, when the fashion trend was in full swing.

Its subsidiaries followed suit, with the companies selling cuffs, necklaces, jackets, pants, a flask and panties, among other merchandise.

The companies said they quit selling the products after hear-

ing of the tribe's lawsuit.

The Navajo Nation holds trademarks on the "Navajo" name for things like clothing, footwear and online retail sales.

#### Navajo policing of trademarks

The lawsuit against Urban Outfitters is the first such action taken by the tribe in U.S. federal court to assert its trademarks. Former Navajo Nation Attorney General Harrison Tsosie has

said the tribe twice protested the unauthorized use of "Navajo" before it sued and sent at least four dozen protest letters afterward.

The tribe relies on its members and an agreement with a Texas-based company that licenses the "Navajo" name to monitor use of the term and alert the tribal government to possible trademark infringement

#### What is the Navajo Nation?

The Navajo Nation refers both to the tribal government and to the nearly 70,000 square kilometres that make up the tribe's reservation in Arizona, Utah and New Mexico — the country's largest.

About 180,000 of the 300,000 Navajo tribal members live on the reservation. The tribe's population is second only to the Cherokee Nation.

THE ASSOCIATED PRESS





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Andra Day is nominated for two Grammys for Best R&B Album for her debut album, Cheers to the Fall, and her single, Rise Up, is up for Best R&B performance. JOHN BAZEMORE/THE ASSOCIATED PRESS

# The ascension of Rise Up singer Andra Day

CHEERS TO THE FALL

#### Single, debut album up for **R&B Grammvs**

A phone call from Stevie Wonder changed Andra Day's life. He called Day and asked if he could work with her.

Wonder heard about the songstress from his now ex-wife Kai Millard Morris, who discovered Day in a video clip. The clip showed Day singing in front of a strip mall in Malibu, Calif.

The conversation with Wonder nearly six years ago was brief, but it gave Day the inspiration she needed.

"I was so nervous," she said. "I kept saying to myself that he's just a regular person. But in the same breath, I was saying, 'He's a legend.' I felt like a meteor hit my house. It inspired

Day said her manager "sabotaged" her business relationship with Wonder, so it took more

me to keep pushing."

than a year to reconnect. After she left that manager, Wonder introduced Day to longtime producer Adrian Gurvitz, who signed her to his label, Buskin Records.

Now her career is taking off. The 31-year-old singer is nominated for two Grammy Awards - for best R&B album for her debut album, Cheers to the Fall, and for best R&B performance for her standout single Rise Up.

The Grammys will include a duet by Day and fellow nominee Ellie Goulding. Meanwhile, Day is focusing on her upcoming 35city concert tour.

Everything seems to be falling into place for Day, who typically mediates and prays daily.

"My prayers are being answered for my career," she said. "These are prayers I've been praying for as a kid. There's a reason I have this platform. There's a reason I have this gift. It's a blessing."

Day has performed at the White House and is being featured on ESPN's Black History Month special. She can be seen in commercials with Wonder

#### I felt like a meteor hit my house

Andra Day on her phone call from Stevie Wonder

and Serena Williams.

Filmmaker Spike Lee offered to direct the music video for her debut single, Forever Mine, after seeing her perform during a Nina Simone tribute at last year's Sundance Film Festival.

Rise Up caught the interest of Apple executives Tim Cook and Jimmy Iovine, who paired the singer with tennis star Serena Williams in a Beats by Dr. Dre commercial.

Over the holidays, Day joined Wonder to sing Someday at Christmas in an Apple commercial. The White House also asked Day to perform at first lady Michelle Obama's education initiative Better Make Room and the star-studded 2015 National Christmas Tree Lighting ceremony in Washington, D.C.,

ESPN is featuring Day and her song Rise Up as part of the network's Black History Month hour-long special, which airs Feb. 14. Her song will be featured throughout the special, which will honour a host of black athletes, including ballet dancer Misty Copeland.

Day credits her rise to her team of supporters, watching Wonder in studio sessions and the mentorship of Gurvitz and Raphael Saadiq, who helped produce Cheers to the Fall, an album she co-wrote. She said the two producers have helped hone her craft and reach her potential as a vocalist and songwriter.

The singer said Gurvitz and Saadiq pushed her to tell an honest story about her life on her album, including a past relationship where she often cheated on a former boyfriend of eight years.

"I want people to ... not be afraid of their truth," she said. "No matter how dark or precarious it may seem, continue to pursue your truth." THE ASSOCIATED PRESS



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FEBRUARY 1 - APRIL 4





### Skin care is a manly pursuit

#### **Modern males** are trading bars of soap for serums

#### Robert **Cribb**

**Torstar News Service** 

A counterintuitive new female grievance has found its voice.

It alleges that modern men have taken to stealing fancy, female-targeted skin care elixirs from shared bathroom shelves in breach of accepted, gender-exclusive grooming product protocols.

This isn't good for anybody.

In random chats with female friends and colleagues about the subject of this column in recent weeks, 73 per cent registered this precise protest unsolicited, nearly verbatim, with indignant flourishes.

When pressed on the seriousness of this issue, most eventually downgraded their outrage to ambivalence. While it may mean for them the premature disappearance of extortionately priced, rose-infused essential oils and age-defying creams, it also means their lads are evolving their skin care regimens.

Such a male grooming upgrade — from bars of Ivory soap to cleansers and toners only found in the well-lit, luxury section of the Shoppers Drug Mart — appears to elicit begrudging welcome from partners.

The deeper question here is what the theft of female skin care products means for men who are adopting this new, lavender-scented identity.

Quick tip lads: If you're using any skin care product billed as being effective in the treatment of stretch marks, that contains floral ingredients drawn from distant European pools or ancient rain forests, is packaged in ornate bottles bearing calligraphyfonted labels or was purchased from a mysterious place called L'Occitane, it's time to man up and get your own bloody stuff

'Men have different facial skin than women. Their skin is thicker with smaller pores so they need a product that will penetrate easier," says Toronto cosmetic plastic surgeon Dr. Peter Bray.

Our higher testosterone levels also set our skin apart from women, he says, because it means a more oil-heavy surface requiring degreasing ingredients.

Here's the daily regimen one physician uses to heal thyself: Bray favours a "medical grade" line called SkinCeuticals.

After morning cleansing and shaving, he uses an antioxidant serum called CE Ferulic. After evening cleansing, he applies a different serum called Retexturing Activator for overnight exfoliation and moisture.

You may already be slightly overwhelmed by these words and concepts. Not done yet.

He also uses a separate eye cream (A.G.E. Eye Complex) and, on alternative nights, a retinol cream (Retinol 0.5) to reduce the signs of aging.

There's more.

Winter and summer, he applies sunscreen before opening his front door. "Applying regular sunscreen with an SPF of at least 50 is the best anti-aging treatment..." he says.

Still, not done.

Every three or four months, he has Botox injections to "soften facial lines, angry 11's between the eyes, crow's feet and forehead."

He calls it the "best 15 to 20-minute treatment you can have to look completely refreshed and rested without any downtime."

Ok, bro. I know what you're thinking. Considering that level of time, effort and money, your bar of mushy Ivory soap is looking pretty sweet.

Toronto dermatologist Lisa Kellett puts her percentage of male clients at her trendy Yorkville clinic at 30 per cent and rising, drawn by high-tech procedures, injections and products. This skin care renaissance is being driven in part, say experts, by our slowly emerging realization (long after women) about the importance of high-quality skin care.

"What goes on you goes into you," says Graydon Moffat, a Toronto entrepreneur who launched her own brand of natural skin care four years ago called Graydon Clinical Luxury.

While her products are gender neutral, she has carved out a separate space on her website (clinicalluxurybynature.com) catering to a growing male clientele. They aren't always the actual purchasers, however. "I've got a lot of women buying for their men."

As the bathroom medicine cabinet becomes the site of territorial turf wars, our female partners have adopted strategic diversionary tactics, thus preemptively reducing conflict while achieving our quiet acquiescence.



If you're using your wife or girlfriend's luxury skin care products, it's time to man up and buy your own. ISTOCK



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#### NOSE REISMAN THE SAVVY EATER

THIS WEEK: Snacks

Bite size doesn't mean better — don't let small snacks fool you!



#### **Chipotle Chicken Snack Wrap with Grilled Chicken**

(Tortilla, grilled chicken, chipotle barbecue sauce, shredded Monterey Jack & light cheddar cheese, lettuce)



#### SKIP THIS

#### The Italian McTaster

(Ciabatta bun, Junior Chicken patty, tomato, Parmesan and herb sauce, lettuce, shaved Parmesan)



#### **HERE'S WHY**



#### **Equivalent: Same amount of sodium as 6.5 small servings of New York Fries**

If you're looking for a quick snack item, McDonald's petite McTasters may seem like a small fast food indulgence. While tiny in size, with its crispy chicken and creamy cheese sauce, it packs full-sized sodium & fat. Opt for a McDonald's snack wrap, with grilled chicken and chipotle barbecue sauce - you'll get 40 per cent less sodium and calories, and three times less fat! Think of it as eating 6.5 small servings of New York Fries that's bad news for your blood pressure!

#### More fibre, less risk of breast cancer: Study

New American research suggests that young and adolescent women should increase their intake of fibre, especially from fruit and vegetables, to reduce the risk of developing premenopausal breast cancer.

This is the first time such extensive research has been carried out to investigate the relationship between a fibre-rich diet and the onset of breast cancer.

The results highlight the importance of a diet including plenty of fruit and vegetables.

In fact, the more fruit and vegetables consumed during young adulthood, the more the risk of developing breast cancer appears to diminish. Scientists leading the study linked this to the effect of fibre on estrogen levels. Dietary fiber tends to reduce high levels of estrogen in the blood, which are strongly linked to breast cancer development.

Maryam Farvid and colleagues at Harvard Chan School were particularly interested in the effects of diet during adolescence, a period of life when breast cancer risk factors appear.

The study followed a group of 90,534 women aged between 27 and 44 in 1991. The results showed that young women eating more fibre in early adulthood had a 12 to 19 per cent lower risk of developing breast cancer (depending how much they ate) than those who ate much less or no dietary fibre. The study found that the benefits were even greater for women who ate high-fibre diets from adolescence. A high fibre intake in early life was found to reduce the overall risk of breast cancer by 16 per cent and cut the risk of premenopausal breast cancer by 24 per cent.

What's more, each additional daily intake - however insignificant it may seem - such as an apple and two slices of wholewheat bread or half a cup of kidney beans or cauliflower, could have a positive impact on the future likelihood of developing breast cancer. The study showed that eating an extra 10 grams of fibre per day in early adulthood reduced the risk of breast cancer by 13 per cent.

Foods with the highest levels of fibre include kidney beans, lentils, wholegrain cereals, fruit and green vegetables. AFP



#### Find the right cooking wine

Geography is the trick to picking the right wine for a dish. If you have a doubt about what to pour into your recipe just look for inspiration from where the recipe was born.

A great example is beef bourguignon. The classic French take on beef stew was conceived in Burgundy, one of France's most famous wine regions.

The wine to use would naturally come from Pinot Noir, the indigenous red grape of Burgundy. But as with any good chef, you can adapt the liquid to

meet your budget. Philippe de Rothschild's 2013 Pinot Noir (\$11.79-\$13.99) is a solid Pinot with light Burgundian flare that makes a more than reasonable substitute for the real thing. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT FINOT NOUR BE AVAILABLE IN ALL PROVINCES.

> PETER ROCKWELL/ FOR METRO





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# Super Bowl snacks that stack up

IN THE SKILLET

A little beer adds a whole lot of flavour to mini burgers

Big provisions are required to watch the big game, and nothing's more substantial than a burger, even in its mini form – the slider.

Indeed, if you plan to serve a variety of dishes for the Super Bowl, sliders are more sensible than the full-sized guys. But they happen to be a little trickier to cook than a standardissue burger. The slider's size makes it tough to put a nice crust on the outside while ensuring that it doesn't overcook on the inside.

First, the sliders need to be about 3/4 inch thick, not only so they don't overcook, but so you can fit all of them at one time into the skillet.

Second, the skillet needs to be large, a 12-incher. If you don't have a skillet that big, use two smaller ones and cook six sliders in each.

And third, whichever skillet you use, the oil must be heated until it's almost smoking. At the start, you want the burgers to sear, not steam, which is what will happen if the pan isn't hot enough.

At first, the sliders will be crowded together in the skillet, but they'll shrink down as they cook, giving off fat and juices in the process. You deglaze the pan with beer, of course, which mingles intimately with the fat and juices released by the burgers to create a delectable pan sauce.

You can spoon some of this liquid onto the buns before sliding in the burgers, or a more



Beer steamed cheese and mushroom beef sliders. MATTHEW MEAD/THE ASSOCIATED PRESS

extravagant technique: pour the sauce into ramekins and invite your guests to dunk their sliders into it between bites.

Whatever happens onscreen, you'll be winning at home.

#### **Beer-Steamed Cheese and Mushroom Beef Sliders**

Start to finish: 50 minutes Makes 12 sliders

#### Ingredients

- 3 Tbsp vegetable oil, divided
- 1/2 cup finely chopped yellow onion
- 3 oz mushrooms (white, cremini or shiitake), finely chopped
- Kosher salt
- 2 Tbsp finely chopped pitted

green olives

- 2 Tbsp finely chopped, drained, canned green chilies
- · 3 oz sliced sharp cheddar cheese, broken into 12 equal
- 1 1/2 lb ground beef, shaped into 12 sliders, each about 3/4 inch thick
- Ground black pepper
- 1/3 cup beer
- 12 slider buns

#### **Directions**

**1.** In a large (at least 12-inch) skillet over medium, heat 1 tablespoon of the oil. Add the onion and cook until golden, about 8 minutes. Using a slotted spoon, transfer the onion to a bowl. Add another tablespoon of the oil to the pan, the mushrooms and a hefty pinch of salt. Cook, stirring occasionally, until the liquid the mushrooms give off has evaporated, about 5 minutes. Transfer the mushrooms to the bowl with the onion. Reserve the skillet.

2. Add the olives and chilies to the mushroom mixture and stir well. Set aside.

3. Return the skillet to high heat. Add the remaining tablespoon of oil and wait until it is almost smoking. Meanwhile, season the sliders on one side with salt and pepper. When the oil is hot, add the sliders, seasoned side down (it will be a little crowd-

#### A CROWD-PLEASING DIP

#### **Hot-and-Creamy Pesto** Spinach Dip

Start to finish: 30 minutes (10 minutes active) Servings: 8

#### **Ingredients**

- 2 tsp olive or vegetable oil
- 1 tsp finely minced garlic • 9-oz package frozen chopped spinach, thawed and squeezed to remove excess liquid
- · 8-oz package cream cheese, softened
- 3/4 cup shredded Monterey Jack cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup milk or cream
- 1/4 cup minced fresh basil
- Kosher salt and ground

1. Heat the oven to 350 F. Coat a shallow, 4-cup baking dish or 9-inch pie pan with

cooking spray.

- 2. In a medium skillet over medium, heat the oil. Add the garlic, stir for 30 seconds, then add the spinach and cook, stirring frequently, until the spinach is cooked and no liquid remains in the pan, about 4 minutes. Remove from the heat and cool. 3. Meanwhile, in a medium
- bowl, combine the cream cheese, Monterey Jack, Parmesan, milk, basil and a hefty pinch each of salt and pepper. Use an electric mixer to beat until well combined, then add the spinach mixture and mix again until fully incorporated.
- 4. Transfer the mixture to the prepared pan, smoothing the top, then bake for 20 minutes, or until hot and bubbling.
- 5. Serve hot with bread or crackers. THE ASSOCIATED PRESS



ed in the pan), and cook them until they are just browned on the first side, about 2 minutes. Sprinkle the top side of each with salt and pepper, turn the sliders over and cook for another 2 minutes.

4. While the sliders are browning, top each slider with a heaping teaspoon of the mushroom mixture, dividing all of the mixture among the sliders, then place a piece of cheese on top of

each. Quickly pour the beer into the pan, all around the sliders, cover the pan and steam for 2 minutes.

**5.** Turn off the heat and let the sliders sit in the pan for another minute to let the cheese melt completely. Spoon some of the liquid in the skillet onto the tops and bottoms of the buns, transfer the sliders to the buns and serve right away.

THE ASSOCIATED PRESS



# Your essential daily news Poison singer Bret Michaels launches luggage line

BRADFORD, PA.

#### **Resort lodge** balances class and comfort

Loren Christie

For Metro Canada

Pittsburgh native Sally Ann Bensur summed it up,

"If you want to wear your snow boots to an elegant dinner then the Glendorn is for

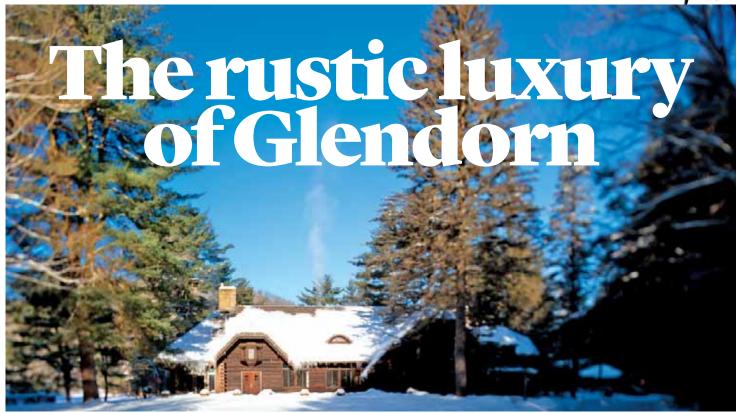
Chatting over a beer at the resort's traditional Saturday night Skipper Lake bonfire, this unabashed fan of The Lodge at Glendorn was keen to let me know that this is a special spot.

A three-and-a-half hour drive from Toronto, this year-round 1,600 acre resort in Bradford, Pa., has been the epitome of rustic luxury since it opened its doors to the public in 1995.

Set in a valley below the Allegheny Plateau, the property was originally purchased in the early 1900s by wealthy oil magnate C.G. Dorn and his son Forest as a hunting and fishing camp. The original family dwelling, known as the Big House, offers four guest room suites, a cocktail lounge and a grand dining room anchored by a massive stone fireplace.

Throughout the century there were 12 stand alone cabins built to accommodate the growing Dorn family. Today they are part of the guests' accommodations.

As I walked in to John's Cabin it became apparent that these charming cabins were real vacation homes; each one a time capsule of 20th century Americana, capturing decades



The Lodge at Glendorn is the perfect combination of cozy and kitschy, and grand. MAIN PHOTO COURTESY THE LODGE AT GLENDORN; STATUE PHOTO LOREN CHRISTIE/FOR METRO

of Dorn family history.

John's kitchen looks as if it was lifted off the set of Mad Men's first season - complete with a 1950s oven, a plaid patterned Formica countertop and a bevy of bar tools and swizzle sticks worthy of Don Draper.

The bathrooms are pure 1970s with vanities, tubs and toilets in shades of pale green, mustard yellow and aquamarine, all in pristine condition.

The shelves and walls are



Whimsical art can be found throughout the property.

The shelves and walls are full of art, books and board games from the 1980s. Remember Isaac Asimov's **Super Quiz?** 

full of art, books and board games from the 1980s. Remember Isaac Asimov's Super Quiz?

As part of the Relais & Chateaux collection the resort focuses heavily on the culinary experience.

Guests are invited to enjoy a cocktail in the lounge prior to being seated for dinner.

Although menus are set, Executive Chef Joe Schafer changes the choices every day. The meals I had were incredible; melt in your mouth beef and a peanut butter and jelly inspired dessert with blackberry mousse and candied peanuts were favourites.

Activities include snowmobiling, cross country skiing and curling. Other seasons bring other outdoor options including biking, hiking and fly-fishing.

Sally Ann came last Spring for a fish camp and returned again this past New Year's Eve.

She figured this visit was her twelfth. I have some catching up to do.



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# The best stargazing spots in Banff

Is there a better place in the world to see the stars than Canada's first national park, in Alberta? Far from the light pollution of major cities, Banff National Park is a stargazer's paradise. There are few things more powerful than the peace of the Canadian Rockies with a plethora of starlight overhead. In the wintertime, visitors might even catch sight of the northern lights.

TORSTAR NEWS SERVICE; ALL PHOTOS BRANDON VAN SON

One of the most iconic mountains in Banff National Park is Castle Mountain. You'll find its imposing peaks down the highway between Banff and Lake Louise. Here, views of the stars and milky way will greet stargazers on a clear night.

2 Lake Minnewanka — Lake Minnewanka, which is Nakoda for the "Lake of the Water Spirits," is the largest lake in Banff National Park and a beautiful place to be night or day. The lake also seems to be more protected from the clouds by the mountains than other locations.

Morant's Curve — This is one of the most famous views of Banff National Park. It was here CP Rail had photographs taken for its tourist brochures. With views of some of the most impressive mountain peaks in Alberta, and the Bow River flowing alongside the rail tracks, this is a great place to stargaze or to spot trains.

The Vermilion Lakes — Travellers don't have to wander far from Banff to see the stars. Just a 30-40 minute walk or a short drive west lie the Vermilion Lakes. These hot spring-fed lakes are encircled by hiking trails.

5 Lake Louise — Since the area is completely open to the public, everyone can enjoy the view. One of the best times for stargazing at Lake Louise is in the winter, when the lake is frozen over and the night skies are at their darkest.



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### Cold War echoes at Diefenbunker

**OTTAWA-AREA MUSEUM** 

#### Blast from past when nuclear attack seemed real possibility

Attention spies, don't read this.

Deep beneath the peaceful earth here just west of Ottawa lies the Diefenbunker — a fascinating trip into Canada's Cold War history.

Commissioned by then-prime minister John Diefenbaker, it's a four-storey, 300-room building with 100,000 square feet of space, constructed entirely underground.

It was built to be the refuge for the most important Canadians in case of a nuclear war with the Communists.

"We would have had room for 535 designated people, not just random people who wanted to come in. None would have been allowed to bring their families, including the Prime Minister," says Diefenbunker executive director Henriette Reigel.

It is now one of the Ottawa area's most intriguing attractions, "Canada's Cold War Museum."







The Diefenbunker includes a blast tunnel, situation room, hospital and vault for gold. courtesy diefenbunker museum/cosmo condina

Restored to its Mad Men-era sheen, it draws up to 60,000 visitors a year, summoning up a time when it seemed possible that nuclear warheads might be lobbed over the Iron Curtain toward us. It was built to withstand a five-megaton blast from 1.8 kilometres away and keep Canada's leadership functioning underground for up to 30 days. It included a suite for the prime minister, an emergency CBC broadcast studio and a vault to

horde the Bank of Canada's gold.

"It was built west of Ottawa because the prevailing winds in Canada blow from west to east," says Reigel. "So if you're ever anticipating a nuclear attack, you should go to west of

where you think the bomb is going to land."

The museum is fitted out with map rooms, clunky electric typewriters, rotary phones and groovy plastic chairs.

The site was in official use

🛟 IF YOU GO ...

Location: 30 kilometres west of Ottawa, just past the village of Carp. Details: diefenbunker.ca. Hours: Tuesday through

Sunday, 11 a.m. to 4 p.m.; from March to December, open daily (except Christmas and New Year's Day). Admission: Adults, \$14; seniors, \$13: students. \$10: youth 6 to 18, \$8. Family rate (two adults and five youth) is \$40. Parking is free. **Guided tours:** Daily.

from 1961 until it was decommissioned in 1994, although as the Cold War waned, it was used for other purposes instead of a top-level hidey-hole.

Its official name was Central **Emergency Government Head**quarters (ČEGH Carp).

It got nicknamed after the jowly, charismatic PM — who was in power from 1957 to 1963 - by journalist George Brimmell, who exposed the story of its development in the Toronto Star. TORSTAR NEWS SERVICE



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#### **ROMANTIC PLACES TO POP THE QUESTION ON V-DAY**

With Valentine's Day just around the corner, marriage proposals are in the air. Here's a look at four original spots to get down on one knee if you want to kick that proposal up a notch. AFP ALL PHOTOS CONTRIBUTED



#### Savoy Resort & Spa, Seychelles

What better way to celebrate Valentine's day than with a romantic trip to a paradise island? Throughout the month of February, the Savoy Resort & Spa is offering a seven-day, five-night package. The deal includes an upgrade to an Ocean View room, a bottle of sparkling wine on arrival, breakfast, and a couple's spa treatment with a saltwater peel, a Dead Sea mud treatment and a massage. This modern hotel is located on the island of Mahé, just ten minutes from the capital, Victoria.



#### Historical hotel in Verona, Italy

Just steps away from Verona's Roman amphitheater, the Palazzo Victoria is a five-star hotel built around medieval frescoes and Roman ruins. In the town famously home to Shakespeare's lovers Romeo and Juliet, this stylish hotel is offering a two-night Valentine's Day stay for two adults. The package includes two nights in a Deluxe Double room, an American buffet breakfast and access to the hotel's fitness



#### Refreshing road trip in Iceland

Travel agency Island Tours has a four-day long weekend in Iceland from February 12 to 15. This takes couples to the geothermal village of Hveragerdi, where they'll stay in a luxury hotel located on the lava field. Couples can then relax in the warm waters of the Fontana Spa at Laugarvatn and bathe in the milky blue waters of the Blue Lagoon.



#### Le Pradey hotel, Paris, France

Chantal Thomass has designed two rooms at Le Pradey, Paris, a four-star hotel right next to the Tuileries gardens, not far from the Louvre. In line with the designer's typically baroque style, the rooms take guests back to an era of sumptuous cabarets, with a red and black décor complete with frills and velvet.



\*Some conditions apply. Visit itravel2000.com or call 1-866-WOW-DEAL for details. Offer ends February 11, 2016. Savings reflected in the price displayed online. †Price match not applicable to friends and family rates or members only travel websites. Proof of offer required. Other conditions apply. Call us for details. Package Fares: Calgary departures. Prices shown are per person in Canadian dollars, based on double occupancy and include all taxes, surcharges and mandatory fees and do not include travel insurance and other travel related expenses. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omnissions excepted, and subject to change. Packages are subject to availability at time of booking and are subject to change without notice. New bookings only. Not valid on group bookings. 8635919 Canada Inc. (dba as itravel2000) is a TICO licensed company. The price of the price

Coldplay lead singer Chris Martin says the band will try to honour Super Bowl halftime shows of the past, present and future on Sunday



#### APE GOES BANANAS FOR PANTHERS

An ape at the Salt Lake City zoo has predicted the Carolina Panthers will win the Super Bowl. The one-year-old orangutan named Tuah chewed up a cardboard Panthers sign and later kissed a papier-mache Panthers helmet. Tuah's dad picked seven straight winners before dying in 2015. RAVELL CALL/THE DESERET NEWS/THE ASSOCIATED PRESS

#### Panthers abide by mantra on, off field

"Keep pounding."

The words have become synonymous with the NFC champion Carolina Panthers.

They're on the walls of the stadium's weight room, on the tunnel leading to the field and even stitched into the collar of every Panthers jersey.

"It's a way of life around here," said Panthers assistant defensive line coach Sam Mills III.

Mills' father Sam, a Panthers linebacker from 1995-97 and then an assistant coach, uttered the phrase "keep pounding" at a downtown Charlotte hotel on Jan. 2, 2004, the night before the Panthers started a run to their first Super Bowl. It has been become the team's rallying call.

Mills, the team's linebacker coach at the time, was dying



Sam Mills died on April 18, 2005, at 45.

of intestinal cancer when he gathered players together in a meeting room before they would beat the Dallas Cowboys in a wild-card playoff game.

There, Mills delivered an emotional message akin to Jim Valvano's "Don't Give Up" speech, say those in attendance. There were no microphones on hand to record the words, no TV cameras to capture the moment. But the message was clear: No matter how hard things get, no matter how bleak things look - keep pounding. THE ASSOCIATED PRESS

# Cam, Peyton clash on grandest stage

#### Carolina stands in way of Manning's perfect ending

It's the perfect scenario, a Hollywood-type script: Peyton Manning emulates John Elway and rides off into the sunset with the Lombardi Trophy in his grip.

Will it really happen? For Manning to take the Denver Broncos to their first NFL title since the team's current general manager, Elway, did in 1999 before retiring, seems the sentimental choice across the nation.

Like Elway, Manning has had a taste of losing in the big game, going 1-2, including a lopsided loss to Seattle two years ago. Elway dropped his first three Super Bowls, then won his final two.

"I am very grateful for the opportunity," the 39-year-old Manning said. "I keep probably repeating myself but I'm honoured to be a part of it, and the other three that I played in, I was honoured to be a part of those as well."

Should this be Manning's final game, he will leave as the most accomplished regular-season quarterback, owning five league MVP awards. He's

had a difficult past few seasons, sidelined for 2011 entirely because of neck surgeries, then struggling in last year's playoffs and missing six

PREDICTION

The Associated Press predicts the Panthers will win 27-20, leaving Manning to ponder if he wants to leave football after losing his final game.

2015 with a foot injury.

But he also earned that fifth MVP in 2013 before falling to Seattle.

Standing in the Broncos' way, though, is simply the best team in football.

This is the third straight season the top seeds have won conference titles. The Panthers are 17-1, have the league's most prolific offence behind All-Pro quarterback Cam Newton, and a big-play defence. That D might not match the stats of the Broncos

(14-4), who ranked first overall, but it's just as impactful.

"I sound like a broken record, but yet for a dream to play out as it has through the ups and downs, it just means the world for us to get what you prepare for," says Newton, finishing off his fifth and, by far, best pro season.

"For us, the ultimate goal for this sport is to win a Super Bowl. You win national championships in college and ... you try to get drafted to a team that's going to put you in the right position to win a Super Bowl."

That's where the Panthers have arrived. Carolina is a 5-1/2point favourite to become only the third team to go 18-1 and win the Super Bowl.

ASSOCIATED

Reyton Manning



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#### **TRICK PLAYS**



#### **THAT PAID OFF**

Surprising the opposition with a safety blitz or deep pass, sure, but the risk of true trickery is often too steep with a title on the line. Still the reward of a momentum swing can be a viable reason to roll the dice. Here are three of the best Super Bowl trick plays:

#### 'AMBUSH' IN MIAMI

New Orleans stunned Indianapolis by recovering the kickoff to start the second half in Miami on Feb. 7, 2010.

The play was called "ambush," a stutter-step tap by rookie kicker Thomas Morstead out of a standard formation with the Colts leading 10-6. The Saints responded with their first touchdown six plays later and went on to win 31-17.

Coach Sean Payton even drew praise for the daring move from U.S. President Barack Obama at the White House ceremony for the first-time champions that summer.





#### STICK IT TO 'EM

Dallas had a 10-point lead midway through the fourth quarter in New Orleans on Jan. 15, 1978. After Denver lost a fumble on a sack at its 29yard line, Cowboys coach Tom Landry ordered the kill shot.

Running back Robert Newhouse grabbed a pitch from Roger Staubach and ran left. He stopped and threw right to Golden Richards for the gamesealing touchdown.

The play became even more of a standout afterward, when Newhouse revealed his anxiety in the huddle stemming from an excess of Stickum, the now-banned substance once used by skill-position players to grip the ball more easily,

on his hands. Newhouse was hastily scrubbing it off in the huddle once his assignment became clear. THE ASSOCIATED PRESS/PHOTOS BY GETTY IMAGES



#### **IN BRIEF**

#### Manziel in hot water again after ex-girlfriend's claim

Johnny Manziel's exgirlfriend told police the Cleveland Browns quarterback hit her during an argument last weekend in Texas and said he appeared to be on drugs, according to a police report.

Manziel was being investigated for a possible assault on Crowley, but both Fort Worth and Dallas police have not charged him with a crime.

THE ASSOCIATED PRESS

#### Leafs make Babcock smile vs. Devils on his 1,000th

Parenteau's shootout goal lifted the Toronto Maple Leafs to a 3-2 win over the New Jersey Devils on Thursday night, giving coach Mike Babcock a reason to celebrate his 1,000th game.

David Schlemko's disputed third-period goal had seemed destined to give the Devils a 2-1 win. But Bozak beat Keith Kinkaid with a snap shot from the slot with 2:06 remaining to tie the game. THE CANADIAN PRESS

MLB

#### Bautista keen to be a Blue Jay for life

Toronto slugger Jose Bautista would like to be a Blue Jay for life. It appears to be up to the team's new front office to make the next move.

Bautista, who is entering the final year of his contract, is coming off one of his best seasons and helped the Blue Jays end their long playoff drought last year. He made it clear in a phone interview Thursday that he would like to finish his career with Toronto. "It would be an honour if

I had the opportunity to do so," Bautista said from Tampa, Fla.

Now the question is when — or if — general manager Ross Atkins and/or team president Mark Shapiro will be willing to spend the big dollars needed to get him signed to another multi-year extension. "I have to have something to consider at some point if I'm going to make that decision, which hasn't happened yet," Bautista said.

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#### **RECIPE** Fried Egg Sandwich with Avocado Basil Spread



#### Ceri Marsh & Laura Keogh For Metro Canada

This sandwich is so simple it almost makes us feel bad calling it a recipe. But then we remember just how good it is when the yolk oozes into the creamy, sweet avocado mixture and all those feeling wash away. Boy were we silly.

#### Ready in

Prep time: 5 minutes Total time: 15 minutes

#### Serves 2

#### Ingredients

- 1/2 avocado
- 5 basil leaves, torn into pieces
- •1 tsp lemon juice · Butter for pan
- · 2 eggs
- 1/4 shaved Monterey jack cheese
- Salt and pepper
- · 4 slices of bread

- 1. In a small bowl, mix avocado until smooth. Stir in the lemon juice and pieces of basil.
- 2. Toast four slices of bread. Spread two slices with avocado mixture. Set aside.
- 3. Meanwhile, over medium heat, warm a skillet. Add 1 to 2 tsp of butter and allow to melt. Crack the eggs into the pan and leave until whites are nearly cooked then, so the yolks don't break, very gently flip eggs. Allow to cook a few more seconds, and then remove the eggs from the pan.
- 4. Place an egg on the two slices of bread without avocado spread. Sprinkle the warm egg with cheese as well as salt and pepper. Top the egg side of the sandwich with the slice of bread that has the avocado spread. Cut and serve.

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ACROSS 1. Rap legend Mr. Shakur 6. Rachel of "The Constant Gardener" (2005) 11. Devitalize 14. Lyre-playing Muse 15. Discreet city passageway 16. Fully 17. video 18. Puz' like this 19. Spiritual 'way' 20. So far 21. Mary-Kate 23. Legendary movie critic Roger 25. Celebrated cathedral city 26. table (Puts out forks, etc.) 27. \_-de-sac \_ beam 30. Wheeled 33. Field 35. Some PCs 38. Celeb's ride 39. What the show "Monsters Inside Me" on Animal Planet is all about: 2 wds. 42. Frankie Avalon's "\_ Dinah" 43. "Take \_ \_ song..." The Beatles 44. Nirvana album, with In 45. Prepares vegetables this way 47. Let's Talk Leftovers: ...as for the \_\_, \_shall keep that for sandwiches tomorrow." 49. Cellular stuff 50. Lake Accord

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#### **DOWN**

1. "Fiddler on the

Roof" (1971) role 2. An archangel 3. Canadian Politics: In 2017, it'll be up for grabs for the Conservatives: 2 wds.

4. \_\_\_ crossroads 5. Stupendous 6. Hair remov-

ers: 2 wds. 7. British actor Cary 8. Actress/singer Ms. Massey (b.1910

12

- d.1974) 9. Sun. delivery 10. Louisiana music style 11. In weather reports, they show things like storm systems swirling above the Earth: 2 wds 12. Wing-like 13. Conspiracy 22. Jeans brand 24. Steve McQueen movie of 1968 with a big car chase scene 29. Inhabitants of South America's famous mountain chain 30. Pretoria's land [acronym] 31. Urgent situa-tion, briefly 32. "I can only much." (I need assistance) 33. Tots up 34. Jackie Wilson's Petite" 36. Cote cry! 37. Iconic character of classic Canadian TV: 2 wds. 40. '\_' \_ in Yukon 41. Seaweed-wrapped appetizer establishment: 2 wds. 46. Washer and dryer company 48. Diana Krall's hubby's initials-sharers 50 Ms Menounos of showbiz news 51. Across-the-Pond moneys 53. Watchful 54. Hides 55. Castle's protection 56. Geological periods

61. Over, poetically

terial, for short

63. House siding ma-

#### \* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 What you wish for is what you'll get. Believe something good will happen and it most likely will, but if you believe something bad will happen then that's what will occur.

Taurus April 21 - May 21 The sooner you stop blaming others the sooner you'll be able to take control of your fate. Whatever your problems are you still have room to maneuver. Your main task now is to take responsibility for who you are.

I Gemini May 22 - June 21 Your reluctance to hurt other people's feelings is holding you back. It's good that you consider others but you need to put your own needs and desires first.

Cancer June 22 - July 23 You're on the verge of something big, something that could bring fame and fortune. Others want to be close to you so some of the glory rubs off on them. There's plenty to go round.

**Leo** July 24 - Aug. 23 The closer you get to Monday's new moon the more partnerships and relationships will come into play. Today and over the weekend be on the lookout for people whose big personalities mirror your own.

**Virgo** Aug. 24 - Sept. 23 Even the most livewire of Virgos may start to feel jaded today and the reason is that you are doing too much. It is time to slow down. Don't do more, do less - but do it 10 times better

Libra Sept. 24 - Oct. 23. You feel good about yourself at the moment and you should be using that feeling to create something substantial. You'll get the chance to do some remarkable things this week.

Scorpio Oct. 24 - Nov. 22 The people you feel closest to emotionally are feeling neglected. Spend time with them. Besides, the phase you have just been through was immensely busy and you deserve some down time.

Sagittarius Nov. 23 - Dec. 21 What happens in the run-up to the new moon on the 8th will make you realize how lucky you are to have certain people as friends. Be more sociable and adventurous than usual!

Capricorn Dec. 22 - Jan. 20 Cosmic activity in the area of your chart that governs what you own and what you earn will bring money matters into sharper focus and you will become aware that certain people have been taking advantage of you.

Aquarius Jan. 21 - Feb. 19 There will rarely be a better time to start in a new direction. Be encouraged to leave old ways behind and explore uncharted territory. You're blessed with the spirit of adventure.

Pisces Feb. 20 - March 20 You have plenty to say — but make sure you can back up claims with facts and figures. Enemies will be looking for ways to trip you up. Don't make it easy for them.

#### **CONCEPTIS SUDOKU by Dave Green**

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#### GO THE EXTRA MILE

The desire to serve and do exploits for God could be limited by fears and traditions. Esther was almost a victim, but suddenly realized the need to rise up to the task and liberate her people She was even willing to sacrifice her life when she said, "I will go to the King, though it is against the law, and if I perish, I perish," (Esther 4:10b ESV). "Don't accept the available as the preferable." (Israel Ayivor). Relationship with God matters, and it starts by going the extra mile to embrace Jesus as your Lord and Saviour.

For prayers and counseling call the pastor at 587.579.0454

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#### YESTERDAY'S **ANSWERS**

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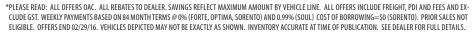
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